LIVING WILLS

Barbie Duffy had planned her own death. So why did doctors ignore her wishes?

NEW ZEALAND LISTENER

FEBRUARY 25-MARCH 3 2023

THE FIGHT TO SAVE RADIO NZ

The merger is off – so what's next?

KATHERINE MANSFIELD
Top NZ writers on her extraordinary legacy, 100 years after her death

WINE GUIDE
Michael Cooper's pick of the best aromatic whites

ANTIDEPRESSANTS
What new research reveals about their effectiveness

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NEW ZEALAND LISTENER
Te Kaiwhakarongo Aotearoa

ISSN 2381-9553: Vol 284, No. 4286. February 25-March 3, 2023

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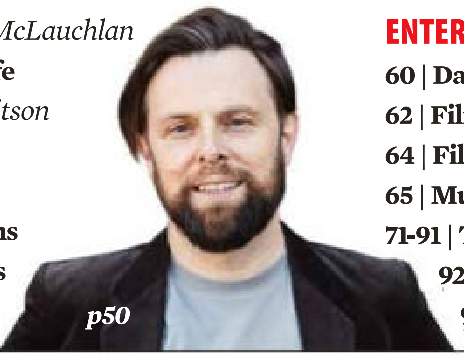
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Vote care

We need to urgently reconsider how we manage the care of some of our most vulnerable citizens, writes KATHY KERR.

Care for the elderly and for palliative-care patients needs to become an election issue. Why? Current care is already inadequate, and future provision is uncertain.

In Ruth Nichol's excellent article ("An age-old problem", January 28), Presbyterian Support's Jo O'Neill said she was worried we are well on our way to creating a two-tier system. I would argue that system is already here.

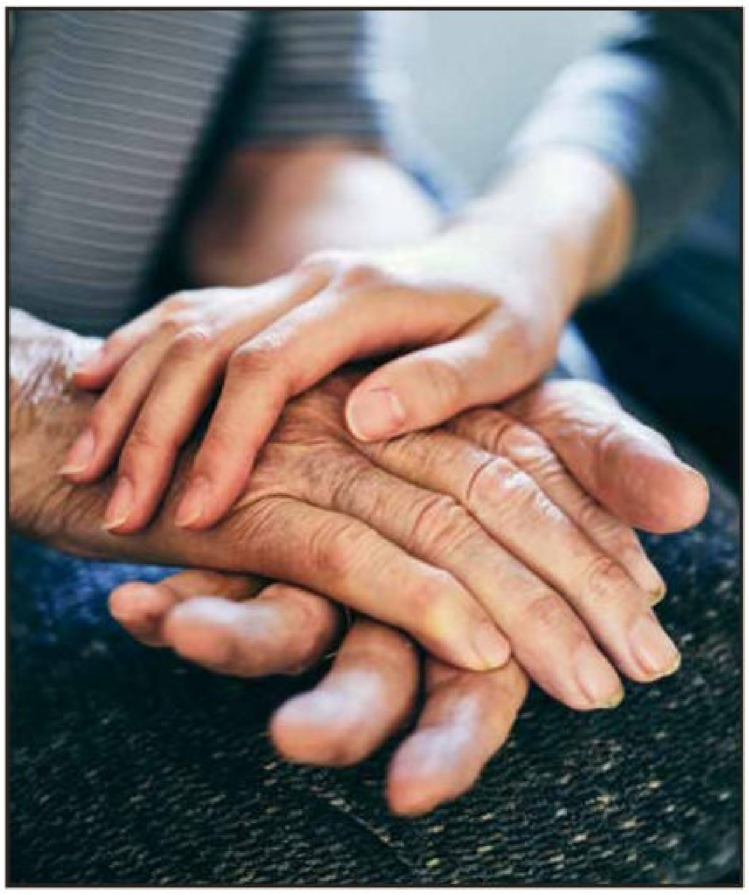
I have just retired from working as a palliative-care social worker. This required regular contact with residential facilities and frail and elderly patients, as well as younger palliative patients. An already stretched residential care system, pre-Covid, has been placed under enormous strain by staff and financial shortages.

It used to be possible to obtain respite beds in residential facilities, allowing carers to have a much-needed break knowing their loved one was receiving good care. However, it has become increasingly difficult to find a respite bed because providers now prefer the guaranteed income of a permanent resident. This creates an almost impossible burden on carers, as many are elderly and frail themselves.

There is a move towards care in the community, but this has a significant flaw. Delivering care for the elderly and infirm, or a palliative patient, can be relentless, exhausting and often messy.

When I first entered the field of palliative care, my understanding of the dying process was informed primarily through books, films and other media. I assumed there was time for long, meaningful conversations with wan and ethereal-looking patients. There was little mention of fatigue, shortness of breath, long periods of sleeping, lack of mobility, loss of dignity and independence, and never any mention of incontinence.

The issue of incontinence is one which needs to be considered because when community options such as a caring neighbour or younger boarders to share household responsibilities are discussed, no one mentions who will provide incontinence care.



When community options are discussed, no one mentions incontinence care.

Most of us would be only too willing to provide a sandwich and a cup of tea, or run the vacuum cleaner around the house, but how many of us would be willing to provide the kind of mopping up and intimate care that is often needed for patients who can no longer care for themselves?

Caregiving can be fulfilling, but it is also exhausting and relentless. It often entails heavy lifting, washing, laundry, sleep deprivation, frequent pharmacy visits and a loss of privacy as people such as nurses, occupational therapists, doctors and social workers traipse through your house to provide much-needed support. Emotionally, you also have to deal with watching a much-loved person diminish before your eyes. Sometimes they are in pain and experiencing difficult emotions associated with a loss of dignity and independence.

It is a sad reality that not all families have the resources to meet the needs of their relatives. Ironically, the person who often provides care at home – the spouse or partner – is not eligible for a supported living payment, even though they may have given up their work income to stay at home. Family members are often willing to provide care, but they need the structure and support to do so.

Without doubt, having plenty of money provides end-of-life care options; but not everyone has plenty of money. People die as they have lived – they may be an addict or alcoholic, violent, or a hoarder. Not everyone has a family, or a warm, dry home.

We will all die. It could be any one of us needing care. We need to plan ahead to ensure practical solutions can be provided.

As Mahatma Gandhi famously said: "The true measure of any society can be found in how it treats its most vulnerable members." ▮

Kathy Kerr is a registered social worker who is currently in private practice providing clinical supervision to various disciplines.

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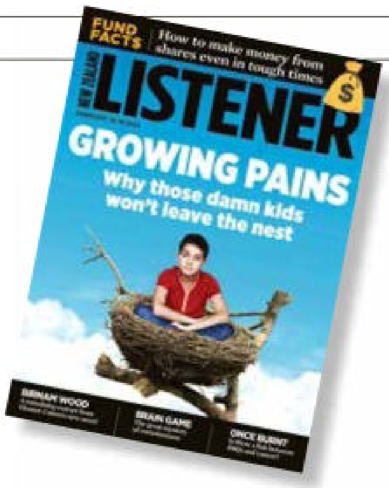
SUBMISSIONS for *Upfront* should be approximately 600 words long and should be sent to listener@aremedia.co.nz. Full contact details must be provided.


NEW ZEALAND
LISTENER
GROWING PAINS
Why those damn kids won't leave the nest
FUND FACTS How to make money from shares even in tough times

We can stop some disasters

Sociologist Steve Matthewman ("Trauma centre", February 11) refers to Christchurch and its environs as "a living laboratory for investigating the resurrection and rebuilding of cities and communities".

Personally, I'd like us to contemplate the many natural disasters the world is facing, as well as the man-made disasters – wars and conflicts – that end in lives wasted. Consider also the devastation wrought by earthquakes in Turkey and Syria. There are signs the rising death toll was seriously aggravated by the criminally inferior construction of so many high-rise buildings. Additional slaughter ensued from the actions of government officials and building firms.

There's a grim irony in this particular disaster following so soon after the Christchurch article was published. More "living laboratories" of loss and lamentation?

Matthewman can also add Putin's invasion of Ukraine to the list. A man-made disaster that the world largely sits back and watches, while a nation of heroes led by a resolute commander witnesses their homeland and its inhabitants being systematically targeted and destroyed.

What happened to the international campaigns for peace that followed World Wars I and II? Add to this the ongoing fight against the ravages of climate change, happening now and worsening.

Wouldn't it be a miracle if Turkey and Syria, in the face of such drastic losses, begin to regret the time, energy and money wasted in waging war on one another? They could declare an amnesty and sit down at a conference table hosted by the UN. Here, they decide together how to create safe and nurturing communities, bringing up children with the assurance of a future.

Jenny Argante
(Tauranga)
LETTER OF THE WEEK

I read with great interest of Matthewman's work on Christchurch resilience. I grew up in Christchurch, a city which had a character quite unlike any other in New Zealand. It was fortunate to have talented architects and one

WINNING CAPTION

Andrew Hawkey, Christchurch

FINALISTS

***Elton John:* "Someone lit a candle in my wind!"** – Paul Kelly, Palmerston North

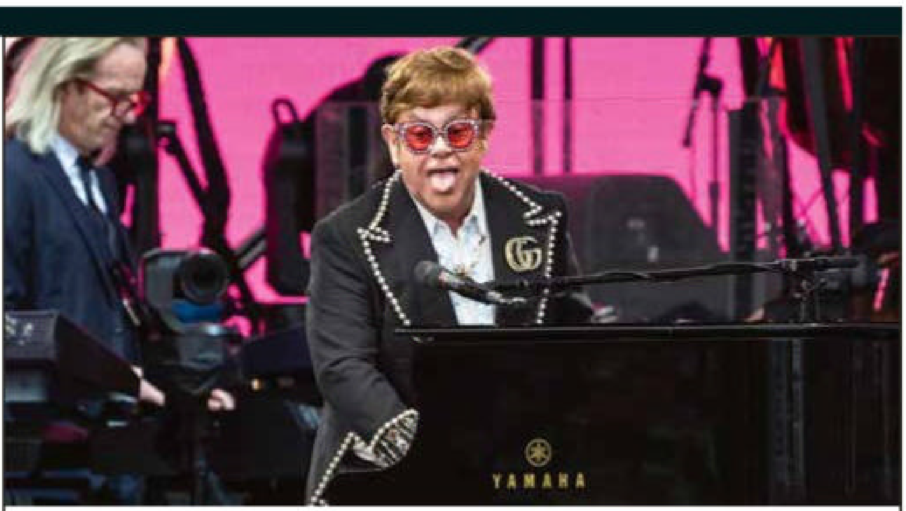
"Oh dear, shouldn't have tried the Kiwi tongue-twister Orangetheory Stadium!" – David Scott, Gisborne

"Relax. It's icing sugar." – Ann Love, Nelson

It was not long after the concert started that Elton John realised he had food poisoning. – Vic Evans, Nelson

Elton bids New Zealand audiences a passionate farewell. – Marie Curran, Dunedin

***Elton John:* "Ka mate, ka mate! Ka ora, ka ora!'** – Bob Richardson, Christchurch



Weather issues prevented Auckland-bound Elton from playing one of his biggest hits, *Jandal in the Wind*.

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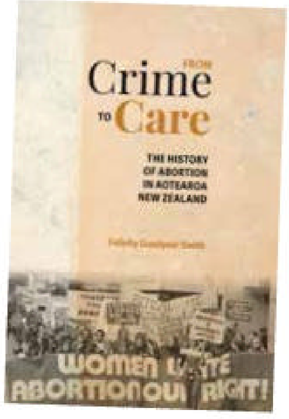
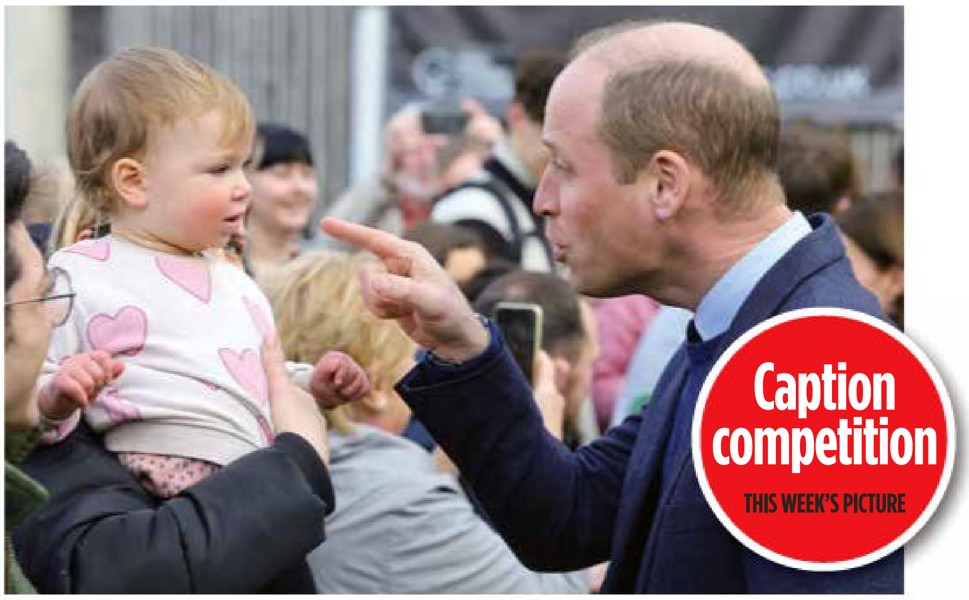


Caption Competition

{listenercaption@aremedia.co.nz}

TO ENTER Send your captions for the photo at right to listenercaption@aremedia.co.nz, with "Caption Competition No 500" in the subject line. Alternatively, entries can be posted to "Caption Competition No 500", *NZ Listener, PO Box 52122, Kingsland, Auckland 1352.* **Entries must be received by noon, Tuesday, February 28.**

THE PRIZE A history of abortion from pre-European times until now, illustrating Aotearoa New Zealand's move from conservative to more liberal values.



The Prince of Wales playfully points at a toddler in the crowd after a tour of the National Maritime Museum Cornwall in Falmouth.

could see the various styles that evolved over the years, particularly in the central city and High Street.

Christchurch people loved their buildings and drew reference from the corner buildings. The earthquakes destroyed many of those references, although some people felt that buildings were torn down in undue haste.

I have been back five times since the quakes and seen first hand the effect on people who endured aftershocks for several years. On my first trip, I was booked into a hotel which advised me that I entered at my own risk. Being on the fourth floor during a few aftershocks made me realise just a little of what the population was going through.

In the suburbs, you would see a house in good condition with an empty section next door where once a house stood.

One street that survived, having been built just after the Napier earthquake, was New Regent Street, and this was soon back in business with the tourist tram running down it.

Christchurch has come out of the trauma amazingly well, and with true southern determination will continue to progress.

Stuart Froude
(Paraparaumu)

Letters to the editor {listenerletters@aremedia.co.nz}

The Editor, NZ Listener,
PO Box 52122, Kingsland,
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- Letters must be under **300** words. Preference is given to shorter letters.
- A **writer's full residential address** is required on all letters, including emails. A phone number can be helpful.
- Pen names or letters submitted elsewhere are not acceptable.
- We reserve the right to edit or decline letters without explanation.

CO-GOVERNANCE IN A NUTSHELL

It seems that of late we cannot get through RNZ's *Morning Report* without some negative statement about co-governance. If it is not claimed that the word is incomprehensible, then there is a claim it would be divisive. A search on Google leads to a 2004 article by academic John Ackerman, "Co-governance for accountability". He references research from 1996 onwards into the application and effects of co-governance.

In a nutshell, it means bringing disadvantaged sectors of society to the governance table; for "disadvantaged" read "indigenous". The conclusion drawn is that inviting indigenous peoples has improved governance by making it more transparent and accountable, leading to better economic performance.

Those who claim they don't understand the term co-governance may well understand it means sharing power. If they were honest, instead of pretending to be confused and ignorant, they would probably have to admit they don't want to share power.

Anne Stevens, KC
(Dunedin)

Funny You Should Ask

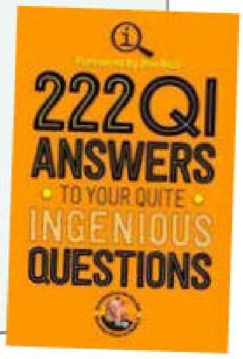
The *QI* elves are a team of writers and comedians who find the answers to impossible questions, doing the research for the long-running *QI* TV series, podcasts and the spin-off books. For the next little while, we'll be running some of their finest findings: the weird, wonderful, witty and wise, from their latest book, *222 QI Answers to Your Quite Ingenious Questions*.

Why do dogs chase cats?

It's all down to how the two animals react to being surprised. When a cat encounters a dog for the first time, its instinct is to run away and hide. An unfamiliar animal might be prey or it might be a predator, so they need a bit of space in order to work out whether to pounce or flee. A dog's instinct, on the other hand, is to chase new or exciting things, including cars, their own tails … and cats. So, when a cat and a dog meet for the first time, an animal whose main instinct is to run and hide is coming face to face with an animal whose main instinct is to chase moving objects.

The result is often the classic cat-and-dog cartoon routine. The good news is that both species only really react this way to new things. So once a cat and a dog have become used to one another, there's nothing to stop them becoming friends. In 2018, a team at the University of Lincoln in the UK talked to almost 1000 people who had both a cat and a dog. More than 80% of them said their pets got on well. Dogs who live with cats tend to make friendly attempts to groom them by licking. Cats are unlikely to return the favour, and generally spend more time simply ignoring their dog housemates. So, in a relationship between a cat and a dog, it's usually the cat who calls the shots.

Extracted from *222 QI Answers to Your Quite Ingenious Questions*, by QI Elves (Faber, $22.99), out now.



WILD DESTRUCTION

Sir Grahame Sydney ("Thriving on empty", February 11) wants to keep Central Otago's unique landscape the way it has always been. Colin McCahon painted the Northland Panels, and number 5 states, "a landscape with too few lovers".

Like these wonderful New Zealanders, many others have been working to limit the threat of total landscape change by blankets of wilding and forest conifers in dry regions. Conifers not only blanket-cover our landscape, they use limited, valuable water resources as they burn.

Fighting fires with helicopters costs the country millions of dollars. Remember the fires and incinerated homes and businesses on the Christchurch Port Hills, in the Lake Ōhau village and Nelson?

Here in dry South Island regions, our volunteer firemen work other jobs. Do we want to limit the risk of incinerating our homes and businesses or will we stay with rapidly spreading wilding conifers?

Lynne Stewart
(Clyde)

SINISTER SIGNS

"Busting a gut" (*Health*, (February 11) highlighted the rising incidence of bowel cancer in young people. Symptoms described included rectal bleeding, change in bowel habits etc. One parameter constantly missing in this discussion is iron levels.

My own diagnosis at 66 had none of the described symptoms. Five years previously, my iron levels were in the region of 110. At diagnosis, this was down to 12. If my iron levels had been monitored in the intervening five years, it would have been obvious that something was going on. This parameter cannot be overlooked.

Bruce Fletcher
(Remuera, Auckland)

JACINDA'S WAY

Andrew Anthony (*Bulletin from London*, February 18) writes about how Jacinda

Quips& Quotes

"The severity and the breadth of damage we are seeing has not been seen in a generation." – *Prime Minister Chris Hipkins on Cyclone Gabrielle*

"For a start, it's not Piha." – *Garth Cunningham, on why he loves cyclone-hit Karekare*

"Forgot to mute myself on a Zoom call while my kids were home and my boss gave me three extra weeks of vacation." – *Seen on Twitter*

"Parenting on weekdays is waking up with a headache and then dropping the headache to school." – *Seen on Twitter*

"We can't plan life. All we can do is be available for it." – *Lauryn Hill*

"Cock your hat, angles are attitudes." – *Frank Sinatra*

The first time I see a jogger smiling, I'll consider it." – *Joan Rivers*

"It is better to be hated for what you are than to be loved for what you are not." – *Andre Gide*

"Ah, summer, what power you have to make us suffer and like it." – *Russell Baker*

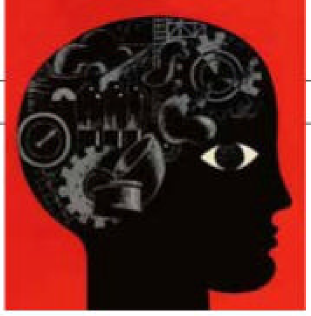
"The environmental crisis is all a result of rushing." – *Ed Begley, Jr*

"The time you enjoy wasting is not wasted time." – *Bertrand Russell*

"Dogs are cool because they're like little dudes with 10 IQ points. Cats are cool because you feel as if you've brokered a contract with a minor demon." – *Seen on Twitter*

10 Quick Questions

by MARK BROATCH



1. The method for evaluating female representation in film, in which at least two women talk to each other about something other than a man, has been named:
☐ *The Bechdel test*
☐ *The DuVernay test*
☐ *The Finkbeiner test*
☐ *The Vito Russo test*

2. Nazaré in Portugal is famous for what?
☐ *Nightclubs*
☐ *Wine*
☐ *Surfing*
☐ *Architecture*

3. The special forces known as "Green Berets" are part of which division of the US military?
☐ *Army*
☐ *Navy*
☐ *Airforce*
☐ *Marine Corps*

4. How many litres in a Nebuchadnezzar wine bottle?
☐ *Nine*
☐ *Twelve*
☐ *Fifteen*
☐ *Eighteen*

5. What is the fourth element in the periodic table?
☐ *Helium*
☐ *Boron*
☐ *Beryllium*
☐ *Carbon*

6. The female lead in the 1981 neo-noir film *Body Heat* was played by who?
☐ *Sean Young*
☐ *Kathleen Turner*
☐ *Glenn Close*
☐ *Kirstie Alley*

7. A merrythought is an old name for:
☐ *A wide-brimmed hat*
☐ *An undelivered present*
☐ *A bird's breastbone*
☐ *A kind of mosquito*

8. Which team came third in Fifa World Cup 2022?
☐ *Croatia*
☐ *France*
☐ *Morocco*
☐ *England*

9. The eye's retina is part of the central nervous system
☐ *True*
☐ *False*

10. A timpanist plays what instrument?
☐ *Flute*
☐ *Harp*
☐ *Triangle*
☐ *Kettledrums*

Answers on page 58.

Ardern was lauded throughout the world in striking ignorance of Ardern's political performance in New Zealand, not to mention the state of this country's economy.

But what if people do see clearly Ardern's leadership? She didn't, for instance, try to emulate male attitudes, instead bringing a warm, kind presence and a talent for working alongside people.

Her handling of the Covid-19 pandemic showed the world again the importance of keeping people safe. She modelled every day what to do, how to do it and why we needed to work together. She treated everyone with respect.

Employment is high and our economy is doing better than many others. Ardern also brought child poverty figures down, although not as much as she would have liked, and the country has not seen enough homes being built.

A brilliant orator, highly respected here and overseas, Ardern was a shining light for so many. No wonder people here and around the world are disappointed she resigned.

Emma Mackintosh
(Birkenhead, Auckland)

I was disappointed by the description of Jacinda Ardern as "one of our most divisive prime ministers since Robert Muldoon" (*Politics special*, February 4).

At 64, I am old enough to remember Muldoon in person, on television and radio. In terms of his personality, he was the opposite of Ardern. Muldoon gloried in negativity and in promoting division, in provoking people. He was a damaged human being, one of life's outsiders, and he was never happier than when playing king of the castle and keeping enemies out. Remember the dancing Cossacks?

Ardern is none of the above. It is a tragedy that the sort of people who would not have dared confront a Muldoon showed no such scruples when attacking a woman who possesses such a deep sense of decency and humanity.

The divisiveness came from the trolls, the outsiders and the powerless and dispossessed who see threats to their wellbeing everywhere. The internet has given them a platform and a voice. We can only be grateful the internet wasn't around in Muldoon's day.

Mike Hamblyn
(Dunedin)

DAWKINS UNMUZZLED

I was amused to read Jo Bennett's interview ("The beauty of science", February 4) with Richard Dawkins, known in other circles as the unmuzzled rottweiler of orthodox science.

Dawkins lacks the spiritual gene. This evangelical proponent of mechanistic materialism is on an evolutionary branch due for isolation and extinction through its own ultimate deduction: life is futile. By equating science with atheism, Dawkins' proselytising *The God Delusion* was effectively a non-sequitur.

Do we really need this high priest of scientism to lecture us on evolutionary competition at a time when we've never needed spiritual values and a sense of community more?

Hugh Major
(Matakana)

Richard Dawkins' admiration for Charles Darwin and Alfred Russel Wallace as the twin exponents of evolution is entirely justified and would only be rejected by a minority who insist on substituting faith for reason.

But reason, not faith, fired that thoroughly rational Wallace when he became convinced through personal experience, not faith, of a life hereafter. Survival in discarnate form, according to Wallace, was, "as well attested as any fact of science". Furthermore, rare individuals could provide sound evidence for the departed occasionally making contact with those who mourned them.

This view was shared by other scientific luminaries of the 19th century, such as the acclaimed physicist Oliver Lodge. There is no way Dawkins could be unaware of that apparently loony side to Wallace's scientific approach. Shouldn't Dawkins have long ago dismissed Wallace as a delusional fraud, a gullible dupe? Or is he like so many others of his ilk, adept at disregarding absolutely anything that might run counter to the materialist paradigm?

Norman Maclean
(Gisborne)

GROWING BACKWARDS

It was encouraging to read Danyl McLauchlan's suggestion (*Politics*, February 11) that it is time the political debate concerned itself more with climate change. However, this fails to address the underlying problem, which is much greater than a change in the weather.

Sure, climate change is a critical factor but so is biodiversity loss and the wholesale conversion of land from its natural state (such as rainforest) to a state deemed to be more useful (such as dairy farms). These are three of the nine so-called "planetary boundaries" which, along with fertiliser use, are all considered to be beyond a manageable level.

Simply growing our economy does not seem to solve the problems posed by the crossing of these boundaries. Indeed, many now believe that growth itself is the problem. You cannot have infinite growth in a finite world.

The most realistic solution is an overall "degrowth" programme. This would need to be carefully managed in a world of huge inequities.

It may well be that the poorer countries and societies will need some initial growth while the well-off will need to endure fairly drastic degrowth until we are back within the limits of the planetary boundaries. This process is likely to take up to a century, after which time mankind should adopt a form of sustainable economics, as opposed to endless growth.

Kevin Juventin
(Waihi Beach)

WAR AND PEACE

Bill Hodge ("Putin's grand plan", February 4) sets out a Russian narrative for invading Ukraine and sustaining a war of aggression against that country. Interesting, but let's never mistake motivation for justification.

Vladimir Putin does appear to be motivated, at least partly, by long-fixed Russian ideas on geopolitics and national security. An understanding of that narrative helps predict Putin's next actions, and it would be highly relevant in any process for a non-violent resolution.

It's become somewhat fashionable in our part of the world to attribute this war partly to Western misunderstandings of Russia. Putin's "realism" is even applauded by some who claim he has history on his side. But that line fails completely to grasp the long-term costs of war.

There is an alternative Russian narrative from exiled democracy activist Mikhail Khodorkovsky who says most Russians want to be European with a liberal democracy, economic prosperity and multilateral security ties.

Putin, he says, will be the last of Russia's autocratic rulers and defeat in Ukraine will be the end of him and of centuries-old, destructive thinking about geopolitics. Let's hope.

Martin Freeth
(Martinborough)

COMMUNIST RULE

Bill Andersen fought for the rights of the underdog all his life (*Books*, February 11). The low-paid workers, Māori deprived of their land, the unemployed and the disconnected all benefited from his mahi. Andersen had a guiding star – his communist principles grounded in Marxist analysis.

In *Comrade: Bill Andersen, A communist working-class life*, Cybèle Locke has superbly documented his life, achievements and failures. The reviewer suggests Locke writes of her subject with respect, but Andersen emerges as a full character, flaws and all.

You cannot understand the history of working-class unionism in Aotearoa without considering the role played by those who were inspired by class analysis, communism and Marxism. True, Andersen and others continued to see the Soviet Union as an exemplar long after it had departed from its revolutionary origins and descended into authoritarian excess, but this review largely overlooks the breadth of Andersen's life of activism and his contribution to our national life. He was more than the sum of his ideology.

Maire Leadbeater
(Mt Albert, Auckland)

SOURCING LITHIUM

I was very pleased to read of New Zealand company Geo40's plans for extracting geothermal lithium ("More than a pipe dream", January 28). Often, I read commentary on lithium resources and China, Australia, North and South America are noted as "the" sources of mined and salar lithium. Indeed, this was recently repeated in a respected journal reporting the world's mineral resources.

Vulcan Energy Resources in Australia estimates the known geothermal lithium resource in the Rhine Valley at 16 million tonnes and is assessing prospects in France.

Unlike mined and evaporated lithium, these geothermal sources require little water, and the heat from the subterranean hot liquids are generating sufficient electricity to power the entire pilot operation, and to sell the excess.

David Renwick
(Motueka)

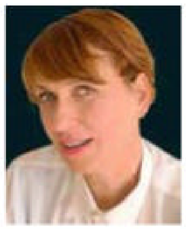
CORRECTION

The winner of our caption competition for February 11 was Ann Neale, not Ann Love.

THE FALL OF Boris Johnson
THE FULL STORY
SEBASTIAN PAYNE

Letter of the week prize

The behind-the-scenes story of the series of scandals that led to the UK Prime Minister's departure from No 10 Downing Street last year.



CATHRIN SCHAER

Training the masses

If we all took the bus, could we stop climate change and all the extreme weather that comes with it?

At first glance, the answer seems to be yes. Forget about cow farts. Driving around in your own car is one of the world's biggest polluters after flying. And, as many environmental activists have repeatedly said, that's why public transport could save the world. It's an obvious solution that many of us still tend to ignore.

That's why Germany's recent experiment with the so-called "Deutschlandticket" is so interesting.

Last year, after Russia invaded Ukraine and set off a cascade of rising energy prices, Germany offered its citizens a subsidised ticket for all public transport.

From June to August last year, locals could ride buses, trains and trams between neighbourhoods, towns or cities for just €9 ($15) a month. Alongside 10 million automatic subscriptions to the monthly ticket, 52 million of the fares were sold.

The exercise cost the German government about €2.5 billion ($4.2 billion) to finance and, according to transport authorities, also saved around 1.8 million tonnes of carbon dioxide.

That means each of the budget tickets bought saved about as much CO$_2$ as produced by driving between 120 and 140km in an ordinary, petrol-powered car.

In German cities, the ticket was a huge hit, with users saying they had more regularly opted for public transport instead of a private car. Usually, a monthly ticket in Berlin costs close to €90 (NZ$152) and some urbanites said they even switched to public transport regularly for the first time.

All board: week-end trippers in Berlin during the Deutschland-ticket period.

GETTY IMAGES

Some urbanites said they even switched to public transport regularly for the first time.

Rural areas were a different story though. There, people said the public transport system wasn't developed enough and that, if they left the car at home, journeys became far too long and complicated.

Surveys have suggested that just under a third of Germans in the countryside are satisfied with the local public transport system, compared with about half of German city dwellers.

Experts have also expressed concerns that making public transport free, or a lot cheaper, actually encourages more people to travel by road who didn't before and, in fact, increases net emissions. This is because people who would have walked, cycled or stayed home were now taking the bus. They argue that what's really required is a corresponding fall in car usage, which is more difficult to achieve.

Environmental psychologists also say that the switch to public transport must come gradually. Certain things help with that slow evolution, including financial enticements, convenience, positive experiences while travelling, easily accessed timetables and better public perceptions of what some of us still describe as the "loser cruiser".

An experiment in the Netherlands added positive reinforcement.

When they offered bus passengers a free ticket that advertised they were moving "more sustainably", the psychological "nudge" resulted in more bus rides.

So, sadly, having public transport save the world turns out to be more complicated than a cheap, all-inclusive ticket.

The "Deutschlandticket" ended last August but is being revived, albeit at a higher cost. From May this year, a similar ticket will be available permanently at €49 ($83). It will be interesting to see how successful that is.

There's already been some pushback from next door.

"That one won't be any good to us," explained an elderly neighbour, who had previously been enthusiastic about her €9 ticket.

"It's too expensive, especially if we don't know how many times we'll go out. So we might just take the car into town." ▮

Cathrin Schaer is Middle East editor for German public broadcaster dw.com, and lives in Berlin.

RUSSELL BROWN

Storm warnings

We saw Tropical Cyclone Gabrielle coming. As I write, with the trees writhing outside the window, it's more than a week since the Australian Bureau of Meteorology confirmed what the computer models had been indicating for several days and formally identified "developing tropical low 14U" in the Coral Sea, south of the Solomon Islands. Hours later, a report on WeatherWatch.co.nz was flagging the possibility of "more severe weather" for the upper North Island.

Within another day or two, there were forecast maps of the cyclone that was forming 3000km away, intensifying, tracking southeast, transforming into a different (but still bad) thing and taking a neat right turn to slam into Northland and Auckland. All the major weather modellers agreed that this would be the case.

We didn't get such a heads-up a few weeks ago on Friday, January 27, when what was supposed to be conventional bad weather morphed into something unprecedented. A north-south line of torrential rains slammed into Auckland from late afternoon and into the night. The total rainfall for the day was 280mm – a quarter of which, roughly equivalent to Auckland's average January rainfall, came in the hour from 8pm.

Four people died in the storm and the city suddenly felt vulnerable in a way it never had before. Suburban slopes suddenly became cliff faces, the motorways were flooded and impassable, the airport terminals were awash and people fled from their ruined houses through chest-deep water. Tens of thousands of fans had to find their way back from an Elton John concert cancelled 20 minutes before it was due to start.

Six hours after the heaviest rain began – and just as it was ending – Auckland Council's social media accounts sent out their only public message about the storm. It wasn't a message of reassurance or comfort and contained no real advice. It was a public relations defence of Mayor Wayne Brown, with a picture of him signing a state of emergency declaration a couple of hours before. Public comments were disabled, so no one could ask a question, or for help.

The day before, Brown had refused a Today FM producer's request for an interview with a cutesy excuse: he'd be "playing tennis". The day after, it became clear why his handlers had refused more than 100 interview requests since his election, when his deputy, Desley Simpson, put an end to a spiky, defensive press conference by pulling him away from the microphones. The next day, a brutal *New Zealand Herald* story, based on messages leaked by one of his friends, revealed that he actually had been expecting to play tennis that Friday. He clearly wasn't one for weather forecasts.

It's not normal; it feels like there is no normal any more. It is all indivisible from global climate change.

Other elected officials, including councillors Richard Hills and Jo Bartley and Auckland Central MP Chlöe Swarbrick, showed a better understanding of community leadership, but even they couldn't fix the city's troubled, uncertain mood. The big rain did as much damage to our morale as to our houses. Auckland Anniversary Weekend was a festival of cancelled events, in a city that runs on events.

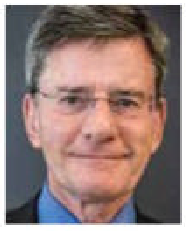
Now here we are again, after the wettest January on record that followed the wettest winter on record. We logged about half of the average February rainfall for Auckland on the first day of the month. It's not normal; it feels like there is no normal any more, and even if, as the weather professionals expect, this accursed La Niña gives way to an El Niño weather pattern, there is no guarantee that won't bring its own plagues. It is all indivisible from global climate change. After three years of a pandemic, we are thoroughly tired of the word "unprecedented". And yet, outside, the storm is coming in again. ▮

Russell Brown is a freelance journalist based in Auckland.

X-TREME PAINT BALL
ALEX SCOTT

"I thought we were dating but it turns out we're playdating."

ALEX SCOTT



CHRIS FINLAYSON

All talk, no action

In a few months, Americans will mark the centenary of the death of Warren Harding, regarded as one of the worst presidents in US history. (It obviously goes without saying that the worst is the toxic narcissist of Mar-a-Lago). Warren Harding achieved nothing in his time as president but he did make a significant contribution to the English language. Often, he referred to his tendency to bloviate, which means to talk at length, using inflated or empty rhetoric.

Waitangi Day this year, and the usual performance of Ngāpuhi leaders, made me wonder whether Warren Harding has relations in Ngāpuhi. Every year, we get the stuff about the fact they were never colonised and that they deserve a massive Treaty settlement. It goes without saying that they always allege the crown is responsible for the delay in reaching a settlement. The most recent Waitangi Tribunal report, which casts doubt on the constitutional foundations of New Zealand, at least in the north, may be of passing interest to four or five constitutional lawyers but it means nothing to the vast majority of Ngāpuhi. Those people need a settlement and they want to prosper. They are unlikely to achieve much under the current leadership. Every Waitangi Day, their leaders say the same thing and then for the rest of the year either argue among themselves or do nothing. And all that talk of Ngāpuhi being the largest settlement is wrong. If they are the largest settlement, relativity with other iwi will be undermined and everyone will be back at the starting gate again. Ngāpuhi did not suffer large land loss and were never subjected to raupatu (confiscation) like the Taranaki iwi. A settlement has to be principled, not a deal done to placate the largest iwi.

Ngāpuhi could well look to Ngāti Toa as an example of what happens when you get on with life. As Minister for Treaty Negotiations, I negotiated a settlement with Ngāti Toa in 2010. It was worth about $80 million. At the time, the iwi was led by Matt (now Sir Matiu) Rei, an outstanding leader who shepherded his iwi through tough times when it had no money. Because they couldn't afford a lawyer, he appeared in the Māori Appellate Court on a boundary dispute in the early 1990s and by all accounts did an outstanding job. A new generation of Ngāti Toa leaders has now taken over and they have increased the settlement pūtea (funds) to about $800 million. I have been visiting Kenepuru Hospital quite a lot in recent times, and I am delighted at the extent and quality of the development taking place in lands that were sold to Ngāti Toa at the time of settlement.

If Ngāpuhi cannot start negotiating then they should be ignored.

Andrew Little said recently that iwi leaders welcome the change of pace since he became minister. I find that difficult to believe. The glacial pace of settlements in the past five years has not been to the advantage of iwi. Many iwi leaders contact me saying they wish things could be sped up and that the crown would get on with it. They look at iwi like Ngāti Toa and see how far they have come since settlement. They, too, want to settle so they can build an economic base for their iwi.

Treaty settlements are not the great panacea for Māori but they are part of the story. A good settlement with the crown enables an iwi to build a sound economic base from which they can prosper.

I applaud my party's intention to have all settlements concluded by 2030. Failure to put the foot on the accelerator will mean unsettled iwi miss out.

The time for Ngāpuhi bloviation is over. If they cannot start negotiating then they should be ignored. The crown has better things to do than chase after the unwilling and the incompetent. ▮

- CRAFT BEER -
So are you getting those complex aromatics? Those meadowy notes? Cut grass and sunshine? Sea spray, saffron and just a smidge of peat?
Mostly I'm just getting beer.
BRU GURU
sb23

STEVE BOLTON

Chris Finlayson is a former National Party cabinet minister and attorney-general.

JANE CLIFTON

A hard one to crack

The world understandably boggled when police announced they'd found, bobbing in the sea, enough cocaine to keep New Zealanders snorting or faffing about heating spoons for 30 years.

The question is, how do they know? The census doesn't require residents to state how much coke they get through a year. Police may extrapolate data from convictions, but it's unlikely gangs' inventory spreadsheets are of great actuarial reliability.

Perhaps there are appropriate questions tacked onto those polls and focus groups that plumb for people's views on politics and toothpaste? "How much smack/crack/whacky baccy do you consume in a month? Please rate the following dealers out of 10 for customer-facingness and rank the following common ratios of baking soda to hydrochloride salt for palatability."

But would survey respondents be any more honest than they are with their GP – "Just a small sherry at Christmas"– or their dentist – "Flossing? It's practically my hobby!"

Given the nature of the drug, the cocaine-conversant would wildly overstate their usage. "Me, I need at least a couple of lines before breakfast or I can get quite snarky with the kids." "Thirty years? That amount wouldn't last three sessions of my book group!"

Then there's the assertion that the coke shipment was big enough to last Australia only one year. There's obviously a relative population calculation here. But given the ferocity of trans-Tasman rivalry, it can't possibly be that simple. Australians would insist on being known as much more ambitious users of cocaine, or if we beat them pro rata, they'd claim to whoop our arses for abstemiousness. Either way, we'd know all about it.

Whereas New Zealand, as ever, would be that plucky little country that always punches above its weight, cocaine ingestion being no exception. But modest about it, too. "Yeah, nah, you gotta keep a bit in the cupboard in case people pop round, eh?"

The probable source of the 30-year estimate is that the authorities now test waste water for residue to work out how much naughtiness our bodies harbour, from illicit drugs to pandemic viruses. Humans can swagger about such things or be furtive and in denial, but their kidneys always disclose the truth. Cocaine metabolites can be measured without having to know whether it "got up my nostril by a complete accident, Your Honour" or not.

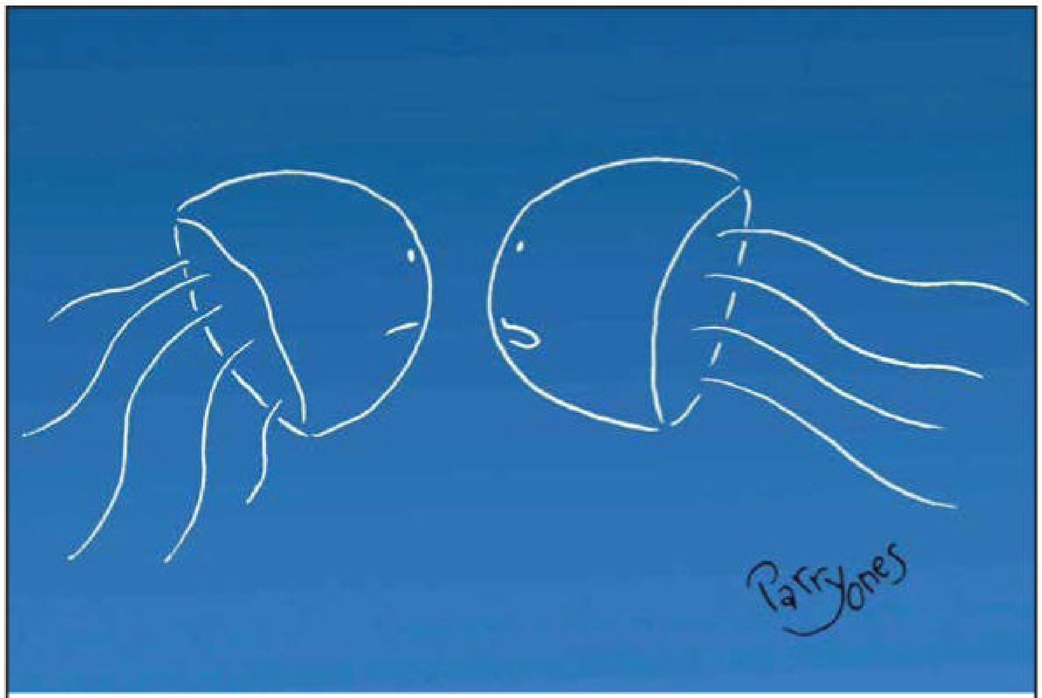
The census doesn't require residents to state how much cocaine they get through a year.

But even here, doubts persist. As the North Island's flooding, Wellington's sewage, a national roster of closed beaches and the Three Waters hoo-ha have dinned into us, nothing is less dependable than New Zealand's wastewater infrastructure. The metabolites from most of the cocaine New Zealanders take may go straight out to sea, never to be measured. The mega-shipment might be nowhere near 30 years' worth.

Market economics further complicate assumptions, given the fact that this consignment might otherwise have hit the market. Unless the water analysts find cocaine use ceases overnight, we must assume there is still 30 years' worth of cocaine out there or in train, and that this bumper shipment might simply have made the drug less expensive for being more plentiful. Its confiscation may now make cocaine dearer and scarcer, so consumption may go down, which may mean that it ends up being more like 60 years' worth.

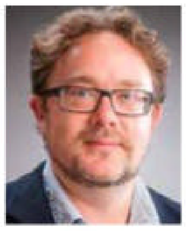
A further reproach will come from drug reform campaigners who wish to correct the fallacy that cocaine is a crime issue. It's a health issue, so should more correctly be categorised as representing 30 or however many years of free entitlement to counselling, rehab and community empathy.

One safe assumption: this is not the approach that'll be taken by whoever it was who despatched the drugs to whoever it is who won't now wish to remunerate them. ■



"Same old story — the guy I was seeing last week turned out to be a plastic bag."

PARRY JONES



DANYL McLAUCHLAN

Off the menu

The main parties are ditching the gourmet food to cater for core constituencies in a lean election year.

Politicians call it swallowing dead rats. When their policies are beloved by the party and its supporters, but disliked by the wider public, the leadership will usually ditch the policies. It's no use having a bold and transformational manifesto if you can't get elected. If you introduce sweeping reforms in government but then get voted out and all your work is dismantled by your gleeful adversaries, what have you actually accomplished?

So National is "reviewing" its deeply unpopular plan to cut taxes for those earning over $180,000 on the pretext that it's worried about inflation, and Labour has begun its long-promised policy dump. Chris Hipkins has – with great relish – swallowed three large rats. The first was the hate-speech law changes recommended by the royal commission into the March 15 terror attacks in Christchurch. This legislation ran into trouble when neither the Justice Minister nor the Prime Minister could answer media queries about whether criticising Baby Boomers would constitute hate speech and thus be punishable by imprisonment. Last year, the reforms were watered down: the criteria would be restricted to religious discrimination. Anti-Boomer rhetoric would remain legal. And now they're gone. Or rather, referred to the Law Commission for a slow and contemplative review on the dubious premise that it will fix the problems that the royal commission, Human Rights Commission and the Ministry of Justice could not.

GETTY IMAGES

Chris Hipkins: devouring with relish.

Neither party can afford to abandon all its values, strategically desirable as that may seem.

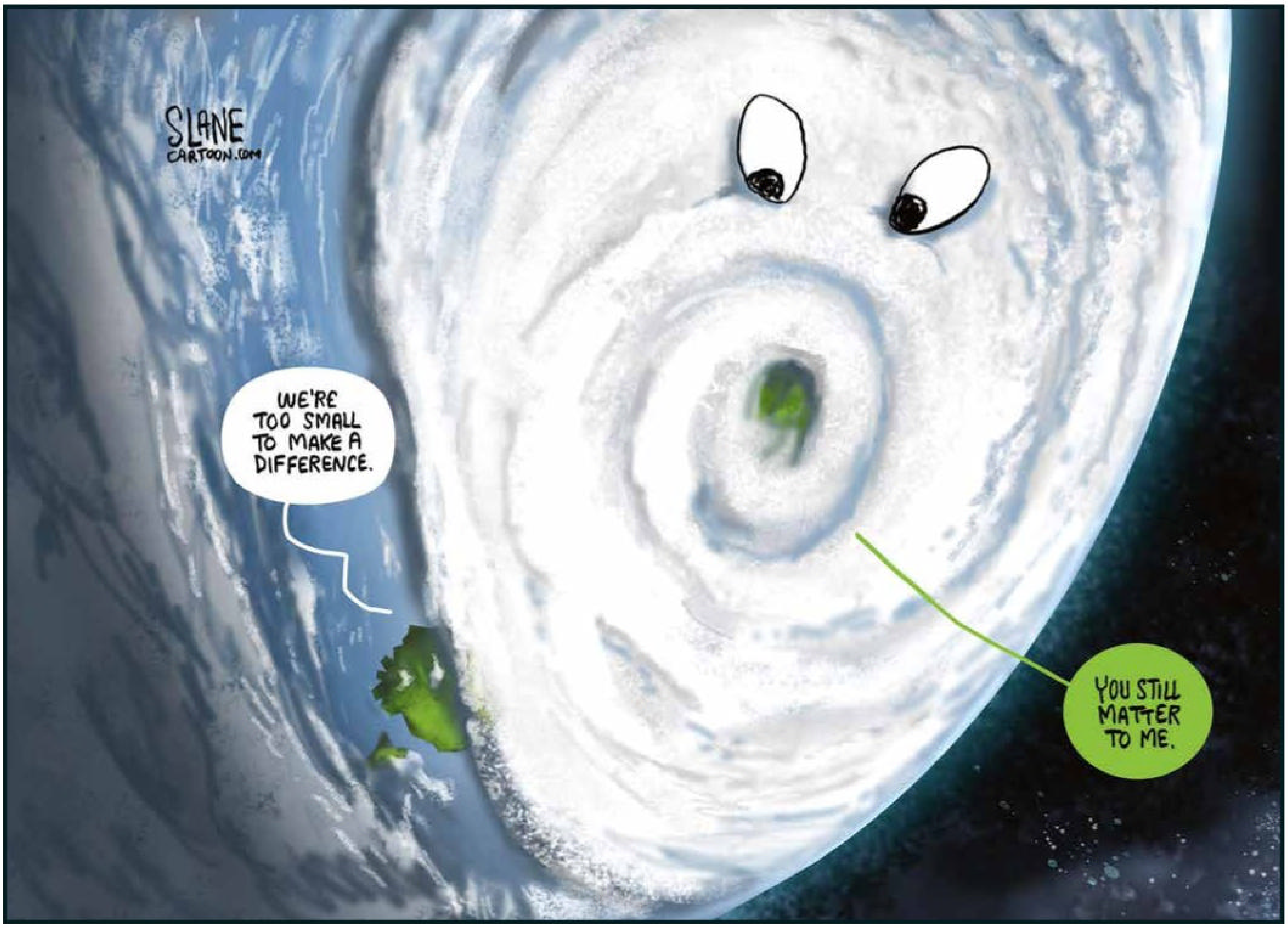
Hipkins also devoured the RNZ-TVNZ broadcasting merger, a project his government poured an enormous amount of money into, apparently without ever asking itself why it was doing it or what the merged entity would deliver. It commissioned a $400,000 report from consultants PwC followed by a $500,000 business case from Deloitte, neither of which seemed to clarify the matter. But work on the scheme proceeded anyway, in the teeth of fierce opposition from the nation's private media, who feared the government was creating a monolith that would bankrupt them. The public organisations to be merged also couldn't understand how the government could allocate up to $23 million – much of it going to private-sector consultants – to blend them together without addressing basic questions about governance, funding or the political independence of the new entity.

The largest rodent on Hipkins' plate was Grant Robertson's beloved social insurance scheme – which hasn't actually been consumed, just tucked out of sight until after the election. This is a proposed 1.39% levy on incomes paid by both employers and employees. The money would go into a fund that would pay 80% of your salary for up to six months if you lose your job through illness or redundancy. National labelled it a "jobs tax", while policy experts opposed it on the grounds it would primarily benefit high-income earners. When Robertson unveiled it, he praised it as historic. Now it's on the shelf, we can imagine him looking back through history's dark glass at the accomplishments of previous Labour finance ministers and wondering whether his own will measure up. His predecessor Sir Michael Cullen was the architect of KiwiSaver, Working for Families, the Super Fund and the renationalisation of the railways. Despite the current government's promises of transformation, the economy remains conspicuously untransformed.

EASING IT DOWN

The swallowing of rats is a delicate art. Neither National nor Labour can afford to ditch all its policies and abandon all its values, strategically desirable as that may seem. If they go too far, their members and donors will start asking awkward questions. What does their party actually stand for? How are its politicians any different or better than its adversaries? To keep morale high and the money rolling in, leaders need to discourage such treasonous thoughts by signalling that they represent something other than their own relentless ambition.

The government's policy dump was accompanied by an increase in the minimum wage. This is one of Labour's favourite tools. It's not reliant on the public service to deliver it, which is where most of its grand schemes run aground.


SLANE
CARTOON.COM
WE'RE TOO SMALL TO MAKE A DIFFERENCE.
YOU STILL MATTER TO ME.

CHRIS SLANE

Instead, it puts more money in the pockets of one of its core constituencies, low-income workers, at the expense of a less-beloved constituency: businesses and employers.

National doesn't have any sweeteners to help its own rats go down, because it doesn't have any more rats to swallow. For the past year, it has defined itself in negative terms: it is not Labour, and it has promised to roll back most of the government's policies if elected. Now that Labour is also less like Labour, deftly rolling back its own policies, National finds itself bereft of purpose, like a trap with no bait in it.

AND FOR DESSERT?

As Hipkins completes the first course of his policy banquet, sitting back in his chair and touching his napkin to his lips, he can still see a number of potentially unpopular policies slinking about his spacious new office, their red eyes blinking back at him from the shadows. He has ordered reviews of his government's entire policy programme.

Anything could go. But the biggest creatures still at large are Three Waters and the replacement of the Resource Management Act.

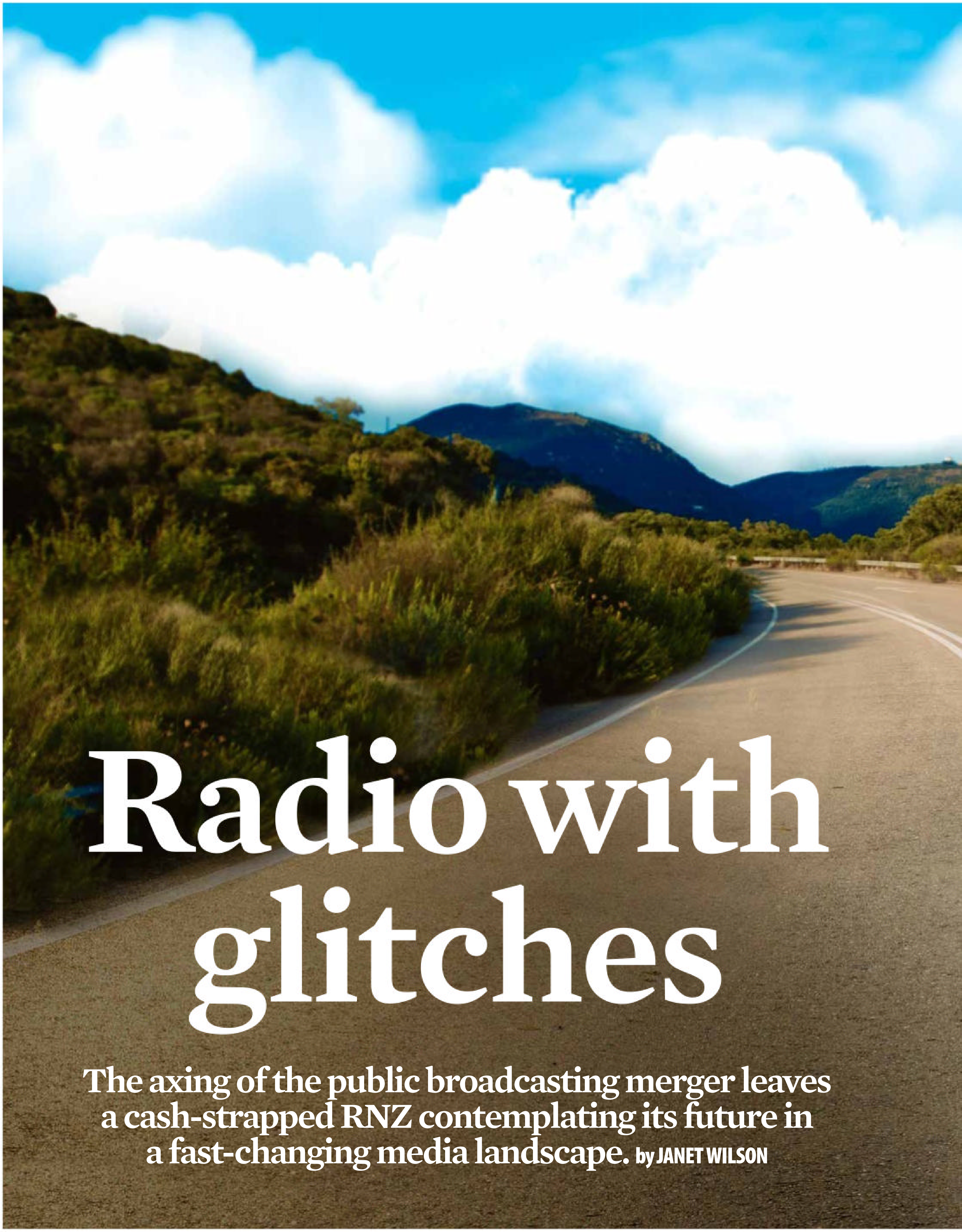
The first is unpopular with the public – the political management and communications have been a debacle – but many in Labour regard the opposition's attacks on its co-governance model as race-baiting, so there's a reluctance to give it the satisfaction of even a temporary defeat. And while National's leader, Christopher Luxon, is firmly against co-governance, he struggles to explain how Labour's version of it differs from the co-governance arrangements negotiated as treaty settlements by the previous National government, or his party's current plans to devolve delivery of public services to Māori if it's elected.

> **Now that Labour is rolling back its own policies, National finds itself bereft of purpose.**

Everyone agrees that the Resource Management Act needs to go. Finding a path through its labyrinthine complexity has been the task of Environment Minister David Parker, widely respected as one of Parliament's finest policy thinkers, but not always the most astute politician. He's devoted most of the past four years to this challenge, and recently introduced two bills to begin building a new regulatory framework for environmental management, building consent and infrastructure planning.

They touch on almost every contentious issue in New Zealand politics: housing scarcity, infrastructure, treaty rights, property rights, climate adaptation. National has already termed the reforms "co-governance but for your deck".

Both Three Waters and RMA reform are attempts to solve the nation's hardest political problems, but they also represent staggering risk in an election year. The new Prime Minister will be contemplating them closely, and asking himself just how hungry he is. ▮



Radio with glitches

The axing of the public broadcasting merger leaves a cash-strapped RNZ contemplating its future in a fast-changing media landscape. **by JANET WILSON**

GETTY IMAGES/LISTENER ILLUSTRATION

Like a jilted bride left waiting at the altar, RNZ is facing a future as uncertain now as it was four years ago when the government began playing matchmaker to bond the country's two state-funded broadcasters in marriage.

With TVNZ, the reluctant bridegroom, now free to continue with its commercial strategy, where does that leave the public service radio broadcaster?

Although Prime Minister Chris Hipkins' announcement on February 8 confirmed the wedding was off, the projected $10-$12 million sweetener Labour has pledged to RNZ will go some – but not all – of the way towards bolstering an organisation that is subsisting on the financial equivalent of gruel.

Myles Thomas, chair of the Better Public Media Trust, notes that whereas the British pay $81 per capita per year to fund their public media platforms, the Norwegians $110 and the Germans $142, New Zealanders pay just $27 to fund RNZ, TVNZ and NZ on Air. So, what new or improved services will listeners and viewers get from the RNZ funding boost?

"The money will allow us to ensure our staffing levels, technology and premises are where they need to be to keep current services strong," says Paul Thompson, RNZ's chief executive for the past nine and a half years and arguably the merger's biggest cheerleader.

Is it enough? "It is a very good start, in that it will address current financial pressure," he says diplomatically. "We are running deficits and our financial challenges were meant to be addressed in the new entity. Now that ANZPM [Aotearoa New Zealand Public Media] is off the table, we need that funding to keep doing the job we do for New Zealanders."

RNZ staff who spoke off the record to the *Listener* were largely disappointed at the merger's uncoupling, describing it as a missed opportunity. But some also admitted relief, due to considerable uncertainty about how the two organisations would manage to blend two very different cultures.

WHY THE MERGER FAILED

The fact that RNZ says the extra funding will be used largely to keep its operations going is telling. "New services will require additional funding," Thompson says. "And we will be talking to the government about those opportunities."

To look forward into RNZ's brave new world, or Plan B, you need to look back to understand why Plan A – the merger – failed. Thomas says neither TVNZ nor RNZ was working well for New Zealanders for "quite complicated" reasons. But neither the government nor successive broadcasting ministers – chiefly, Labour's Kris Faafoi – succeeded in explaining the reasons behind the merger or what it would look like, he says.

The envisioned 50/50 government/advertising funding model was highly criticised, but Thomas says it works perfectly well in Ireland and there is no reason why it wouldn't have worked here. "The government didn't explain it very well; the minister didn't explain it very well."

The disaster, he says, was that the government took four years to decide the structure of the new entity. "It was ludicrous that it took so long. And that's the fault of Faafoi."

> **"The government didn't explain it very well; the minister didn't explain it very well. It was ludicrous that it took so long."**

Duncan Greive, founder of online news site The Spinoff (and until last month its CEO), says there's an obvious comparison between the TVNZ/RNZ merger and the Sky/Vodafone merger, which was rejected by the Commerce Commission in 2017.

"Sky hadn't evolved its technology and knew it was losing younger audiences. And the whole time that thing was in play, they could point to it and say, 'That's our plan.' Then, when it didn't happen, suddenly the shareholders, who had been kind of letting it drift a bit, were like, 'Well, what the hell's your plan?'"

When the Aotearoa New Zealand Public Media Bill under the aegis of Faafoi's successor, Willie Jackson, became subject to the select committee process, it was heavily criticised for its lack of guaranteed editorial independence and the fact the new entity inexplicably had to consider its impact on its competitors.

Thompson agrees that, ultimately, politics overwhelmed the merger in an election year in which the government was forced to assess what was working for it and what wasn't. But "we did think it could work".

"For me, the key elements of that were a strong charter, the fact that it was going to be a public media entity – very clearly, which I think is hugely significant – and [with] substantial new funding for public media as well."

Where does the merger's cancellation leave RNZ as a public broadcaster? "We have a strong existing charter that works really well and is our guiding light. It was reviewed last year by the select committee and we now think those recommendations should be progressed."

FUNDING FREEZE

The millions in extra state funding that were promised for the public broadcasters with the merger must have seemed like a hallucinatory mirage for Thompson after years of wandering in a financial desert. RNZ suffered a funding freeze for nearly nine years under the last National-led government. In 2011, then RNZ chair Richard Griffin told Parliament's commerce select committee that its financial strategy rested "on cake stalls and selling a couple of grand pianos", declaring it could survive on current funding for only two more years.

It lasted somewhat longer than that, but in 2016, RNZ's Auckland offices were put up for sale to free up funding for its digital expansion. The broadcaster continues to rent space in the rundown building on the corner of Hobson St and Cook St.

The Labour-led government that came to power in 2017 did give RNZ a slight budget boost but for the past three years, in anticipation of the promised $365 million (over three years) investment in the merger, RNZ's funding has stalled. For the current financial year, it was given $900,000 less than in 2021-22.

It reported a net operating deficit of $1.33 million before tax last year. Thompson confirmed that another deficit was in the offing this financial year, but wasn't prepared to say how much it would be.

The bigger issue is how many audiences it is trying to reach, given that its annual report lists "attracting and retaining diverse audiences" as its first strategic intent.

Greive believes the broadcaster just isn't "hitting those audiences", which its November 2022 audience figures back up. Though RNZ National's audience grew to 572,000 in a typical week – up 9000 on the August figure – Greive notes it was down 8.7% on the November 2021 survey.

In a typical week, 678,000 Kiwis aged 10+

RNZ chief executive Paul Thompson: "We've got an opportunity to strengthen the whole [media] sector."

NZME

listened to RNZ National and RNZ Concert, or 14.6% of the country's 10+ radio audience.

NO PLAN B

Greive, who has produced and fronted two mini podcasts on RNZ's future in the wake of the failed merger, is unequivocal about its failure to reach a broader audience.

What needs to be done to fix it? "There is no plan and there is no government side-plan," Greive says. "So then the organisation has to say, 'We have no option but to start to make some quite radical changes here.' And that unavoidably means the gnarly stuff of evolving a legacy media brand into a more digital-process one – ie, a lot of redundancies, a lot of new hires, a lot of breaking things that are on some level working and certainly are beloved."

Thompson is quick to recognise his organisation's failure to reach a bigger audience. "We don't look like the country we're seeking to serve, right? We, ah, look like you and me." That would be an older, largely Pākehā, middle-class audience.

"We're still really under-indexing in areas like young New Zealanders, New Zealanders of Chinese and Indian descent, Māori/Pasifika. And you can't be a credible public broadcaster unless you're really thinking about how you do best for those people.

"I think it's a profound challenge and if you look at where RNZ is strong, we're strong with educated audiences, urban audiences, older audiences, which is great. And we love those audiences."

And there's no doubt that those audiences love them right back. In fact, it's such a strong love that it has thwarted RNZ's efforts to diversify its audience base.

> **"We're still really under-indexing in areas like the young, New Zealanders of Chinese and Indian descent, Māori and Pasifika."**

Back in 2020, when it announced plans to turn RNZ Concert into a presenter-less AM streaming service and pursue a youth channel, it encountered a severe backlash. Fans took to Twitter, a Facebook page was established, former prime minister Helen Clark criticised the RNZ board's handling of the proposal and soprano Kiri Te Kanawa called the move "an inestimable blow to the arts in New Zealand".

Just days after the initial announcement, with 26,000 people having signed a petition to save RNZ Concert, the proposal was scrapped.

"I think basically it's a very powerful, political, cultural constituency to upset by taking them on," says Greive. But he questions whether it's fair that a minority audience (the Concert channel had 200,400 weekly listeners in the November survey, down 5% on its August audience) is catered for through the taxpayer when most of the population isn't.

What, then, does RNZ's future look like? According to Thompson, "The future is about a digital delivery of media that's for everyone."

"MEDIA FOR EVERYONE"

To date, hamstrung with decreasing budgets, that "media for everyone" appears somewhat threadbare. Last December, NZ on Air gave the broadcaster public interest journalism funding to run an Asian news service. And it has managed on its second attempt to reach that elusive youth audience – with the digital channel it launched in December 2021, called Tahi. Targeted at what its annual report calls "the underserved audiences, especially the young, Māori and Pasifika", Tahi boasts that more than 51% of its content is local music.

RNZ's intent may be commendable but the numbers it reaches on Tahi FM are modest, to say the least, with around 7200 Facebook followers, 3370 on Instagram, a paltry 389 on Twitter and 393 on YouTube.

In contrast, more than a million Kiwis access the rnz.co.nz website each week. Usage of the site grew 31% between July 2020 and June 2021, from 2.9 million visits to 3.8 million.

Greive believes the best places to reach new audiences are social- or user-generated content platforms owned in the US or China, such as YouTube or TikTok. But if RNZ tried that, it could present a conundrum, he says.

"Does RNZ put advertising content on YouTube, for example? I don't think it does at the moment. You could make an argument for that, but then you're basically giving ad-free product to your old, Pākehā audience on the radio and ad-stuffed [content] for a different audience online. Which sounds kind of iniquitous to me."

Underpinning RNZ's goal of trying to reach as many New Zealanders as it can lies an almost counterintuitive policy of being "able to step up and help the whole media do better", as Thompson describes it, which was a key addition to the merger strategy.

"We have our radical sharing strategy, where we share our content with all our colleagues in the media. So, whatever news service you go to, you'll see our content appearing there."

Greive responds: "You often hear that from them. I think that's a little bit disingenuous, the sort of borrowing of the massive audiences of Stuff and [NZME] and sort of saying they are actually RNZ audiences." It is basically RNZ acting as a national news agency, like the former New Zealand Press Association (NZPA).

Better Public Media's Thomas disagrees strongly with the sharing strategy. "It's basically trying to get more eyeballs, more clicks, more audiences and more ratings, and that's leading RNZ down the same path as commercial media and away from public service media," he says. "The task for the public service broadcaster or platform is not the quantities of audiences you have but the quality of the product you put out."

Thompson prefers to focus on the bigger picture: "Looking ahead, fragility is what I see. And the most important thing is not strong public media, it is strong media.

> **"You can't wait for everyone to tune into *Morning Report*. You've got to be part of their world, which is about digital delivery ..."**

"How can you be a sovereign nation and a functioning democracy without a robust, resilient, trusted media system? So, we've got a lot of work to do as a country. Public media is an opportunity to contribute to that."

DECLINING TRUST

Also blighting RNZ's future is the issue of trust in media. Although RNZ is New Zealand's most trusted news organisation, it, too, has fallen victim to the vicissitudes of an increasingly sceptical audience. AUT's 2022 "Trust in News in Aotearoa New Zealand Report" found people's overall trust in the news dropped 16% between 2020 and 2022, from 62% to 52%. Trust in RNZ fell almost nine percentage points, to 62%.

"It's a pattern that has been replicated in most countries, most democracies in the world," says Thompson, who is president of the international Public Media Alliance. "Some factors aren't in the control of the media, but some are. I think Covid and the kind of polarisation that happened off the back of that, a degree of news fatigue, and the news media not adapting to that new environment is what's behind it."

That means the media "should take a good hard look at ourselves – all of us. And we can't be complacent," he says.

"We've got an opportunity to strengthen the whole sector. I think it comes down to the basics. Making sure that you're creating accurate, fair news and current affairs. Secondly, getting it to people. You're not waiting for them to come to you, you can't wait for everyone to tune in to *Morning Report*. You've got to be part of their world, which is about digital delivery and partnering and content sharing."

Thompson travelled to the UK and Canada last year to find out what the BBC and CBC and their regulators were doing about their own uncertain futures. It's a trip he was forced to defend in a recent staff meeting – leaked to other media – during which *Checkpoint* presenter Lisa Owen questioned the "scouting, fact-finding expeditions" in the face of uncertainty. Owen was at it again in a staff hui, demanding to know if Thompson had pushed a hard enough bargain with the government.

When asked his reaction to Owen's outrage, Thompson said he had no comment to make.

REVOLVING DOORS

Owen's protestations are not the only issue RNZ has with staff. In recent weeks, a slew of exits of high-profile presenters and producers have been announced. Before Christmas, Lynn Freeman left for a PR job at Forest & Bird; Emile Donovan, of *The Detail*, a podcast co-production between RNZ and Newsroom, departed, and Māni Dunlop, host of *Midday Report*, who was rumoured to be in the running to replace Susie Ferguson on *Morning Report*, announced she would be leaving next month. Bryan Crump has moved from RNZ *Nights* to RNZ Concert. Veronica Schmidt, executive editor of investigative and longform journalism, has announced she is moving to TVNZ to become general manager of digital news and content.

Though sad to see all these people go, Thompson says "we're always bigger than one person in an organisation like RNZ".

"We've still got a really strong stable. Probably, our problem is more giving everyone with the ambition and ability enough of an opportunity when we have limited spots on air in those prime-time shows, so managing that is probably more of our issue."

Thompson says the biggest challenge for all media organisations is to reinvigorate themselves and remain relevant, which is a global issue. It's a topic he addressed at length in his keynote address to the Public Broadcasters International conference in Tokyo last November.

"What is the evidence to show that public broadcasting actually works? ... Strong public broadcasting systems are highly correlated to increase of trust, more social

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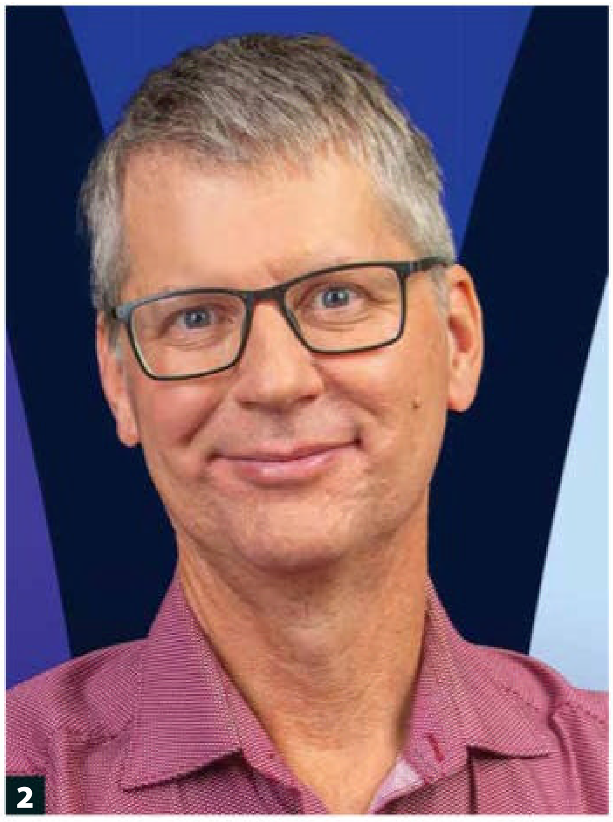
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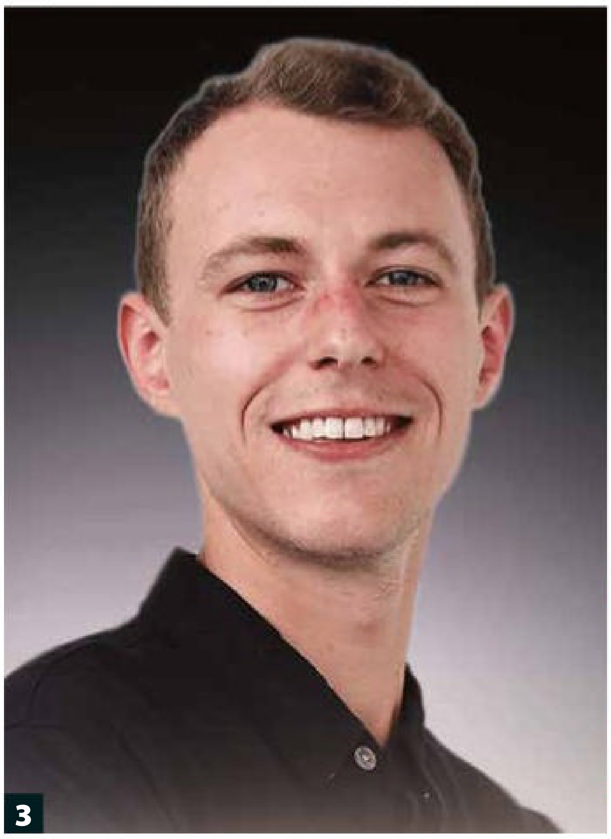
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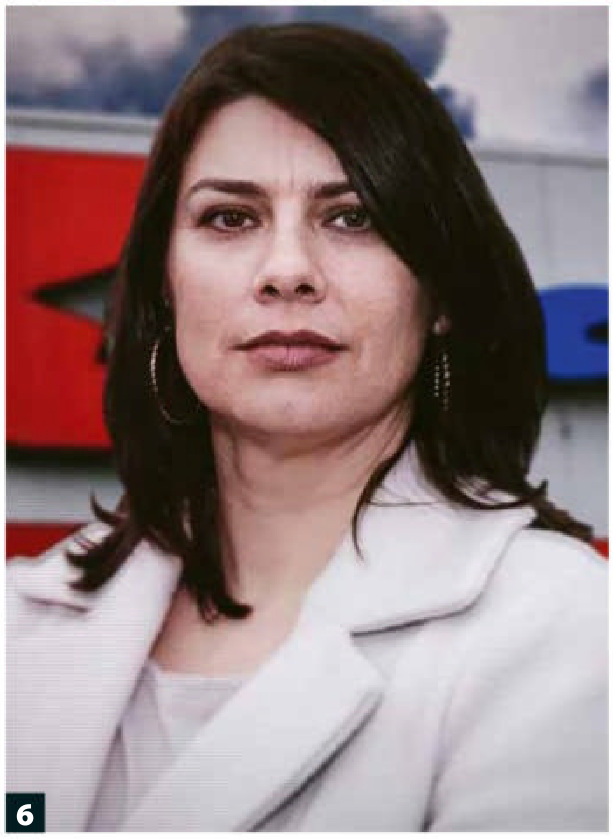
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Switching dials: Susie Ferguson (1) and Bryan Crump (2) are in new roles at RNZ, while Emile Donovan (3), Lynn Freeman (4), Māni Dunlop (5) and Veronica Schmidt (6) have all left or are leaving.

cohesion, high democratic turnout, greater freedom of expression. And where there's a strong public broadcaster, there tends to be a strong commercial media scene as well. So, the case for public broadcasting is really strong.

"So, how do you build that strength and ensure that the public media fits within the system, helps the commercial bit to help it work better?"

> **"We've still got a really strong stable. Our problem is more giving everyone with the ability enough of an opportunity."**

FUNDING CLOUD

One thing that would help RNZ work better is the ongoing bugbear that blights public broadcasters across the world – continuity of funding. The extra $10-12 million promised for RNZ will no doubt help, but will it subsequently be forced to go cap-in-hand to the government of the day to beg for more?

"This is a challenge for all public broadcasters," Thompson says. "Doing a great job, providing value to all, and being trusted, useful and treasured by audiences is the key to ongoing funding. That said, new funding mechanisms such as levies (for example, on streaming services) or a dedicated household tax, which works in other countries, should be explored, as they would provide more certainty and accountability.

"We know public funding is a huge privilege and we always have to be able to demonstrate our value and relevance."

That relevance will be truly tested in coming years, not only by the snowballing audience roll from airwaves to the internet, but also with the rise of such technology as ChatGPT, the artificial intelligence chatbot.

"We have an opportunity," Thompson insists, "at that critical time where disinformation and misinformation is a problem and trust is at a premium, to actually invest in something stronger that will actually make New Zealand stronger." ▮

Stroke of courage

What's the point of having a 'living will' if doctors ignore it? That's the question driving a new campaign for a law change.

by PETER GRIFFIN • photograph by HAGEN HOPKINS

Draining and surreal. That's how Louise Duffy describes the experience of watching her mother, 78-year-old Barbara Duffy, slowly become a skeletal figure in her rest home bed.

Barbie was rushed to Christchurch Hospital in October 2021, in the depths of the Covid-19 pandemic, after suffering a major stroke at her home in Methven, Canterbury. As emergency doctors worked to stabilise her, Louise, a marketing executive who lives in Martinborough, Wairarapa, sat nervously by the phone awaiting updates from Barbie's partner, Peter Harper, a former teacher her mother had met later in life.

The word from the hospital was to wait 24 hours while doctors determined how serious the stroke was. Strokes affect about 9500 New Zealanders every year and are the most common cause of adult disability. Most people survive a stroke, which occurs when blood flowing to a part of the brain is interrupted by a clot or haemorrhage, depriving the brain of oxygen. But survivors can be left with a range of physical and cognitive disabilities.

> **Barbie feared suffering a major stroke more than any other illness that commonly afflicts the elderly.**

Barbie feared suffering a major stroke more than any other illness that commonly afflicts the elderly.

"[Having a stroke] is her biggest nightmare," a senior nurse at Christchurch Hospital wrote in Barbie's medical notes on the afternoon of October 7, after talking to Duffy and other family members. It was the day after Barbie was admitted.

FORWARD PLANNING

Barbie had prepared for this grim eventuality. She'd already appointed Duffy as her enduring power of attorney for personal care and welfare, giving her decision-making power if she was ever deemed "mentally incapable" by a medical professional.

She had also written up an advance directive in 2005. This type of document, sometimes referred to as a living will, went into detail outlining her wishes if she was ever incapacitated.

"I read the document on the way to the hospital," says Duffy. "I didn't know or had forgotten she had one."

That one-page document, signed by Barbie, her GP and witnessed by Harper, asserted her right to refuse life-saving treatment should she suffer a "serious loss of mental or physical capacity … [where the] condition is unlikely to be reversible or [to] improve".

Lying in a hospital bed, semi-conscious, unaware of what exactly had happened to her, Barbie had certainly suffered serious loss of mental and physical capacity.

The blood clot that caused the stroke was successfully removed, but blood flow did not recommence to the affected section of her brain.

What was less clear was the extent to which she would recover and once again enjoy her daily

Louise Duffy: "Barbie's Bill (named after her mother pictured in the framed photo) is about following the patient's informed consent."

GETTY IMAGES

Time to act

David Seymour wants Parliament to clarify 'living wills'.

Louise Duffy believes that not following advance directives can lead to "untold emotional and physical suffering".

David Seymour, leader of the Act Party and the man instrumental in bringing the End of Life Choice Act 2019 into existence, firmly agrees.

"The treatment options are more complex. The illnesses are more complex," he says.

"The chance of winding up incapacitated and having decisions made for you, as happened with Barbie, keeps increasing."

The petition to introduce Barbie's Bill into Parliament, he points out, is not a right-to-die campaign. That fight was won with the introduction of the assisted dying regime in November 2021. By the end of September, 214 terminally ill patients had ended their lives with the assistance of doctors under the law.

Instead, Seymour wants to see Parliament codify in law what an advance directive involves.

"It would give it huge authority," he says. There's no guarantee that Louise's internet-based petition will result in a bill, even if the 100,000 target for signatures is reached. The petition will be presented to Act's deputy leader and health spokesperson, Brooke van Velden, in April.

"I certainly hope that the petitions committee will decide to conduct a full inquiry or have the health committee do one," says Seymour who is "wary" of the medical community's reaction, given the heated debate over the end-of-life legislation.

"Sometimes the medical profession will take Parliament's intervention as a criticism or an attack on their autonomy.

"But this is Parliament trying to empower citizens and bring clarity in a specific part of the doctor-patient relationship."

Party support: Act's Brooke van Velden and David Seymour back Louise Duffy's petition.

10-15km bike rides, gardening and visits to friends in her neighbourhood.

The doctors and nurses at the hospital knew Duffy had enduring power of attorney (EPOA) status and the medical notes reveal how clearly Barbie's wishes were expressed by her concerned family members.

"Louise is clear that her mother has said many times: no life-prolonging treatment, no resuscitation/CPR, no forced eating/[nasogastric tube], no antibiotics, just painkillers and some dignity," they read. So why didn't the senior doctor invoke Duffy's attorney status, which is a legal requirement for the accompanying advance directive?

Advance directives are technically legally binding and recognised by the major medical bodies and the Code of Health and Disability Services Consumers' Rights, which sets out your "right to be fully informed, make an informed choice and give informed consent". But the decision to follow it ultimately rests with a clinician.

"I believe they were too optimistic about her prospects for recovery," says Duffy. "If the directive, which stated 'no food or fluids are to be administered by any artificial means' had been followed, she would have died medicated and semi-conscious 7-10 days after her stroke."

But Barbie's medical notes suggest her doctors and nurses were sufficiently satisfied that she was willing to receive treatment.

"It is not ideal or perfect to decide how lucid or cognitively intact to make a decision about feeding for her," a nurse wrote on October 11, five days after Barbie's stroke. "We can use simple cues to help. She does not object to inserting [a tube]. It also suggests that she accepts that."

But the same set of notes included this jarring line: "We have to sight her EPOA [enduring power of attorney] and her care plan."

Despite Duffy giving nurses all the advance directive and EPOA documentation when she arrived at the hospital on October 8, it was clear these hadn't been read. It was October 11 before Duffy was even able to speak to the doctor about her mother's condition – all previous information had come via nurses in the stroke ward.

Several weeks later, Barbie, now a patient of the Burwood Hospital rehab team, had recovered enough to consider her situation. She faced, as Duffy puts it, "years of residential care, unable to move her right side, speak, read or write and with limited comprehension. She needed 24/7 help to dress, feed, bath and toilet".

CHOOSING TO DIE

Back in Martinborough, and with Burwood restricting visits due to Covid, Duffy would hold lengthy FaceTime sessions with her mother, who simply nodded or shook her head in response to her daughter's questions.

Duffy canvassed Barbie's options, including moving in with the family in Martinborough or entering a residential care facility. But she also raised another option. "I told her, 'Your advance directive said that in a major change in life where you felt the quality was gone, you wanted care withdrawn. You still have that right,'" she says.

A couple of days later, now in a care home in Ashburton, Barbie stopped eating. Finding herself in the nightmare scenario she had wanted to avoid, she chose to make the decision she had expected to be made on her behalf as she was lying in Christchurch Hospital.

It took 58 days for Barbie to die. "She tried to stop taking fluids, but she had some kidney issues and it got too painful," Duffy says.

"There was no pain relief. She got morphine in the last three or

Barbie Duffy was an avid traveller and led an active life up until her stroke at age 78.

DUFFY FAMILY COLLECTION

four days. She never lost her temper. She never seemed distressed. I think she was comfortable with her decision and wanted us to be comfortable with it, too."

Duffy isn't seeking to "relitigate" what happened in those critical days after her mother was admitted to hospital. Her family has not pursued legal action. She believes there's a systemic problem with the process around advance directives and how EPOA rights are invoked. Utilising a "rusty law degree" gained decades ago, she has researched potential law changes and started a petition, hoping to secure 100,000 signatures, to pave the way for a bill to be introduced to Parliament that would make advance directives legally binding documents.

"Barbie's Bill is about making directives to withhold care effective when it is clear the quality of continued life is seriously impacted," says Duffy. "It is about following the patient's informed consent."

The principles of informed consent and patient autonomy are fundamental to medical treatment, says Greg Martin, who runs the Ashburton-based law firm Arrowsmith Law. "Western medicine and the ethics that medical professionals operate under are very much about the preservation of life," says Martin, who studied medical ethics as part of his law degree. He has helped many clients prepare EPOA documents.

"On the other side, you have a fundamental basis for civilised society, which is autonomy. While you are competent, you are the person who should make decisions for how you get treated."

The advance directive is designed to maintain that autonomy on behalf of a patient who is incapacitated. But adherence to advance directives varies considerably.

"There's a gap in the middle where there's no one talking to the patient, because they can't talk themselves, but the power of attorney is not appointed yet," says Martin.

That requires clinicians to make hard calls on behalf of patients, including assessing their mental capacity and deciding whether to invoke the EPOA status that can result in a medical team withholding treatment, resulting in the death of the patient.

> **"There's no advance-directive policeman, there's no structure around this stuff."**

SURVIVAL AT ALL COSTS

That's anathema to most medical professionals who have signed the Hippocratic oath. As American surgeon, writer and public health researcher Atul Gawande writes in *Being Mortal*, "Hospitals are designed to ensure survival at all costs."

Martin supports Duffy's campaign for change, but feels wholesale legislative change isn't necessarily required.

"There's no advance-directive policeman, there's no structure around this stuff. The only structure that exists legally so far as I'm concerned is the power of attorney structure," he says.

Advance directives have status in common law so are, in theory, legally binding. A key change to that legal structure, says Martin, would be to allow an independent doctor to review a patient's medical records to assess whether the EPOA should be invoked.

"In a hospital, it could be somebody whose sole job is to make those calls."

The other problem is that there's no central registry of advance directive documents. If an Aucklander has a heart attack in Queenstown and arrives in the Lakes District Hospital emergency department, there's no guarantee that the document outlining the patient's care plan can be quickly accessed. In that crucial window when a patient requires life-saving assistance, decisions can be made that go against the notion of informed consent.

It's hard to know exactly how serious the issue of advance directives being ignored really is. The watchdog for patients, the office of the Health and Disability

Commissioner, told the *Listener* just five complaints have been received since 2015 relating to advance directives.

Patients and their families have the legal right to sue medical institutions in civil court, but there's little relevant case law relating to advance directives not being followed. More often, says Martin, legal disputes emerge over decisions made by the person with the power of attorney. Family feuds are common.

A survey commissioned by Auckland public relations agency Pead PR to support Duffy's petition found that just 47% of 500 respondents making up a demographically representative sample knew what an advance care plan was.

"My mother told us if she ever ended up what she termed a 'vegetable', to put her out of her misery."

Only 16% had an advance care plan in place for themselves, according to the survey completed in January by Octopus research platform, and just 13% had one in place for their parents. But 78% of those surveyed prioritised quality of life and the right to die with dignity if they "suffered a severe and irreversible loss of mental or physical capacity".

LIVING WILL

"We need to talk about death more," says Wendyl Nissen, whose experience of the health system during her own mother's final months is outlined in harrowing detail in her bestselling 2021 memoir, *My Mother and Other Secrets*.

On Good Friday in 2019, Nissen's mother, Elis, aged 85 and suffering from dementia and diabetes, had a stroke at her cottage on Nissen's property in the Hokianga. Several mini strokes followed, with a major stroke on May 1 leaving Elis paralysed on her right side, needing to be spoon-fed and unable to be understood.

"I no longer thought she might die, I hoped she might die," writes Nissen, a journalist and broadcaster.

Like Barbie Duffy, Elis had written down her wishes for end-of-life care many years before.

"My mother had her living will, which she had written more than a decade ago, and she told us over and over again that if she ever ended up what she termed a 'vegetable', to kill her and put her out of her misery," Nissen writes.

Elis' husband of 65 years, Cedric, was her "attorney" under her EPOA. But the living will turned out to count for little. Days of "will she, won't she" followed as Nissen and her family waited for doctors at Whangārei Hospital to determine whether Elis would go into palliative care, indicating she likely had just weeks to live, or residential hospital care, where she could linger on for months or years.

The doctors noted a long list of debilitating ailments and care requirements. Nevertheless, hospital-level residential care was recommended and Nissen had to scramble to find a bed in a rest home for her mother. When Elis died three months later at Jane Mander Retirement Village in Kamo, north Whangārei, it was after coming down with pneumonia.

The care staff had signed an agreement with Nissen and her family that antibiotics would not be given to Elis. Finally, she was at peace, not that Nissen, who had a difficult relationship with her mother, could find much herself.

"I didn't really like my mum. But the daughter in me cared for her. It's a horrible thing to live with that. I did not save

Wendyl Nissen, whose mother Elis, pictured with Nissen in earlier days on the opposite page, died three months after a major stroke.

JANE USSHER

NISSEN FAMILY COLLECTION

my parent from that humiliating, horrible three months," she says.

"Am I angry that some doctors played god and decided to push mum off onto a care home to be kept alive, instead of letting her die as was her wish? Absolutely, I am furious," she concludes in *My Mother and Other Secrets*.

Would a detailed advance directive taking account of Elis' various ailments have made a difference? "I feel like it would have been ignored anyway," says Nissen.

Which is why she also supports Louise Duffy's campaign for legislative reform.

MEDICAL OPPOSITION

Many clinicians push back against that. A study published in the journal *JAMA Internal Medicine* last year reviewed 29 cases of patients' experiences with advance directives in the US. It found they "often act as an obstacle to meaningful conversations around patients' goals of care and future decision making".

If advance care planning is approached with a "set it and forget it" mentality, the authors argue, it will likely fail to improve the delivery of care that aligns with the patient's goals.

Barbie was fit and healthy up until the day she had her debilitating stroke. Her retirement days were full of activity, with plenty of biking and walking and volunteering for Meals on Wheels and the Red Cross shop.

An avid traveller, she spent part of the 1960s hitchhiking around Europe and the US. In 1967, she met Irish lawyer Francis Duffy at a party in London. They married and had two children, Justin, then Louise, who was born in 1971. They relocated to Paris then the US. But when Barbie's step-father had a major stroke in 1972, it was one of several factors that spurred a parting of the ways between the couple. Barbie returned to Christchurch with the children to help her family.

She took a job as personal assistant to the general manager of ABC Cables, but left the corporate world to become a teacher, moving to Methven in 1979.

> **"Speaking to clinicians and people in white coats who are really clever and busy is quite intimidating."**

The career change allowed the solo mum to spend more time with her kids. She took early retirement aged about 60. She kept travelling and was due to visit Duffy, her husband and son in Martinborough when she suffered the stroke.

GAME OF CHANCE

We all hope for a quick and painless death. We are encouraged to watch what we eat, to exercise regularly, to lessen our chances of being claimed by a chronic disease. Our genetic make-up and random events such as car crashes or a bad fall can cancel out all our decision-making.

Healthcare is also vastly complex, which is why Martin has sympathy for the frontline medical staff who make life and death decisions every day.

"There are practical limits to this kind of preloading consent to treatment with an advance directive," he admits. "There are always going to be situations where doctors and emergency workers aren't going to be able to download the patient's notes to see whether they want their coronary artery patched to keep them alive."

But clearly expressing your wishes in a detailed care plan, and telling your family members about it, can only help foster the shared decision-making that many families feel is lacking in hospitals.

"Speaking to clinicians and people in white coats who are really clever and busy is quite intimidating," says Helen, a Wairarapa-based general practitioner the *Listener* has agreed not to name. Helen is also an assisted dying doctor, helping terminal patients who have six months or less to live to cut short their suffering.

Having practised as a GP in the UK and New Zealand since 1988, Helen estimates that about 10% of her patients have an advance care plan in place.

She believes the English system, which sees a central register of care plans and EPOA contracts maintained, speeds up the decision-making process and can lead to better outcomes.

She sees a valuable role for GPs in helping patients complete advance directives because of their intimate knowledge of their circumstances. "Out in the swamp of primary care, we see our patients in a more holistic way.

"We're the only people that look at someone as a whole rather than the person with rheumatoid arthritis in bed four who has just had a stroke."

She also supports Barbie's Bill and hopes the petition will, if nothing else, raise awareness of the issues people who suffer a catastrophic illness or accident face.

The proposed bill would seek to establish a GP-based system with simple, standardised advance directive forms, and a centralised database that holds directives.

It would allow for registered doctors or medical bodies to provide "timely and objective patient prognoses" and, most importantly, legislation would make directives binding, "as per the patient's informed consent".

Visit www.barbiesbill.nz to find out more about the proposed law changes and to view the petition.

A snakes & ladders journey

After a shock cancer diagnosis, Sandra Russell looked for a book that would help her connect with her emotions. She searched fruitlessly, then decided to write one herself. **by SHARON STEPHENSON**

Sandra Russell's life hasn't always been a patchwork of pills and hospital visits. There was a time when the 62-year-old didn't know how to inject herself in the stomach or which were the most comfortable seats in the chemotherapy ward.

But in 2013, Russell was diagnosed with stage 2 multiple myeloma, a type of incurable blood cancer. Since then, the Aucklander has had two cell-transplant operations, two rounds of chemotherapy, two remissions, a bout of pneumonia that almost killed her and so many nights in hospital she's lost count.

"There have been a lot of snakes and ladders in this journey," says Russell, with a smile.

It's why we're chatting today: she recently wrote her first book, *The Feeling of Cancer*, about her experiences. In 172 unflinchingly honest pages, Russell plots her journey through the cancer maze, not in medical terms but in emotional ones.

"This is the book I wanted to read when I was diagnosed, to help me make sense of what I was going through," says Russell in an accent that still holds traces of her Yorkshire upbringing.

"There were lots of great books about dealing with cancer – about the drugs and doctors and medical side of it – but I couldn't find one that put feelings first or looked at the often-dehumanising experience of living with cancer through an emotional lens. I wanted to know what cancer patients were thinking and feeling. As a reader and writer, I always look for the personal connection as a way to connect with my own emotions and find peace.

"I wrote this book because I couldn't find one like it."

Russell is speaking from the Devonport home she shares with her husband, Sandy, a retired IT consultant. Built in 1852, it's believed to be the Auckland seaside suburb's oldest cottage.

Russell has seen a lot of its walls in the past two years. Although she's been in remission for four years, a severely compromised immune system means she's reluctant to stray too far from home. Especially since she recently contracted Covid.

> **"I needed to talk to people who understood and, to lessen my fear of the future, to know more about what to expect."**

"I somehow managed to avoid it until now. My doctor told me to skip the cancer drugs for two weeks and take the Covid antivirals instead, which have been a game changer. So I'm doing better than I thought I might."

Prior to her cancer diagnosis, Russell had been in hospital only twice: to give birth to her children, Hamish, now 36, and Holly, 32.

Hers was a life that didn't have much in the way of low points. She had run a successful Takapuna psychotherapy practice for 10 years and was enjoying time with her four grandchildren. But then a pesky sore shoulder started causing her considerable pain. Both Russell and her GP thought it was a pinched nerve and would sort itself out. When it didn't, an osteopath referred her to a drop-in clinic. One X-ray later and Russell was diagnosed with a broken neck, the result, it turns out, of an incurable myeloma that had weakened her bones.

The short version: bone marrow inside the body's flat bones produces plasma cells (a type of white blood cell) which contain antibodies that fight infection. In the case of myeloma, one of those antibodies produces a clone that multiplies over time, eventually crowding out the infection-fighting blood cells.

Myeloma is the second most common cancer in Aotearoa, with around 3000 Kiwis currently living with it. Each year, another 400 join their ranks and 200 or so people die of it.

Russell likens her diagnosis to "a trapdoor opening beneath me".

"Obviously, there's an intense level of shock, fear and anxiety, but there was also a feeling of being betrayed by my body and confusion at how I could have been wandering around with this going on inside me without knowing. I was trying to process all this information coming at me and at the same time dealing with the ripple effect a cancer diagnosis has on your loved ones."

She was eventually sent home in a neck brace with 27 different pills to be swallowed daily – some to kill the cancer cells, some to control the nausea and others to strengthen her bones. After six months

RUSSELL FAMILY COLLECTION

Sandra Russell: "Cancer can be a lonely and bewildering place."

of weekly chemotherapy sessions, Russell was ready for the "big gun" – a stem-cell transplant, aimed at destroying the cancer cells at their source. She eventually had the operation at Waikato Hospital when a slot opened up there.

"My hair fell out, my face and body bloated and it took me a year to recover, because after a cell transplant you're exhausted."

By this time, Russell had closed her business ("I didn't think I could be a successful therapist if I was rushing off to the hospital all the time") and cycled through various coping strategies.

"Cancer can be a lonely, bewildering place. Thanks to my job as a psychotherapist, I understand trauma and its effects, which gave me a step up in terms of understanding my own emotional process. But I needed to talk to people who understood and, to lessen my fear of the future, to know more about what to expect."

> **"I wanted to write a self-education book, not a self-help one. It was a way to reclaim my identity, which cancer took away."**

In 2017, Russell went on a holiday to Italy, taking in Praiano on the Amalfi Coast.

GETTY IMAGES

Russell finds solace at a myeloma support group, even after one of the members announces they've run out of treatment options and are leaving to buy a coffin. Then there's also a quest for the holy grail of wellness influencers, mindfulness. She joins a mindfulness group specifically aimed at those going through treatment for blood cancers, which helps with the "simmering rage" she feels that this is happening to her.

There are various therapists and, later, a week-long Tibetan Buddhist retreat in Taumarunui that she and Sandy attend. "I'm not a Buddhist, but there is a lot of cross-over between psychotherapy and Buddhism in terms of the exploration of self as a form of healing."

By 2017, Russell felt well enough to cash in a retirement fund and take a five-week holiday to Italy.

"We deserve a holiday of a lifetime after all we've been through," she writes in the book. "And we have no idea how long my remission will last."

Because here's the thing about myeloma: even if you do manage to fight it off with surgery and radiation, it's a recurring cancer with a three- to five-year life expectancy.

A few days after she returned from Europe, tests showed Russell's cancer was back. She had another six months of chemotherapy and a second stem-cell transplant and they've kept the cancer at bay for the past four years. Weekly self-administered injections and regular blood tests help.

"The cancer will never go away. It's a question of when, not if, it will come back."

Russell's story begins in Paisley, in the lowlands of Scotland, where she was the elder of two children. Two years later, her father's job as a sales manager relocated the family to Somerset, then eventually Yorkshire.

"Obviously, there's an intense level of shock, fear and anxiety, but there was also a feeling of being betrayed by my body."

Academic but restless, Russell left school earlier than she probably should have, she says, because she needed cash to travel. She applied for a secretarial job with the European Economic Community (now European Union) in Brussels, but tired of the glacial appointment process.

"After six months of waiting, I gave up and found a job in Bermuda."

She arrived in the British overseas territory in 1982 not knowing a soul.

"But I had a job, somewhere to live, and I ploughed my life savings into a second-hand moped."

Expat life was good, she says wistfully. Six weeks after arriving, Russell met Sandy and the couple married a year later. After their son was born, they moved back to the UK, where Russell did a sociology and English degree and, ironically, a dissertation on Katherine Mansfield. ("At that stage, I didn't even know where New Zealand was.")

Teaching didn't appeal, but careers counselling did, and Russell eventually ended up on the UK's first youth offenders team, helping to get troubled kids into college or paid work.

When Sandy visited Auckland for work in 1999, he raved so much about it that the family came back on holiday a year later. In 2001, they moved to Devonport, mainly because Russell, an avid movie-goer, had fallen in love with the suburb's old-school cinema.

The move also marked a turning point in her career. "My qualification didn't translate to New Zealand, plus I didn't have the cultural background, so I did a master's degree in psychotherapy and registered as a psychotherapist three years later."

Russell's love of writing never went

Left, living in the now: with Sandy and grandchildren. Above, Sandra in 2019 when she graduated with a master's degree in creative writing.

RUSSELL FAMILY COLLECTION

away and, frustrated by the lack of cancer books she wanted to read, she toyed with the idea of writing one.

"Someone said to me, 'What do you want to do with however long you've got left?' My answer was I want to write something that will show the impact of being in a challenging situation and hopefully help others to navigate their own personal crisis."

Three and a bit years after Russell's diagnosis, a friend told her she was doing the master of creative writing course at Auckland University of Technology. As luck would have it, there was one place left.

The Feeling of Cancer was written as part of that course. It started life as a series of essays until one of Russell's mentors suggested it would work better as a memoir.

Although cancer kept getting in the way, Russell tried to stick to a routine of writing at least 20 hours a week.

Another challenge was turning the traditional cancer narrative on its head and treating the task as a psychological case study, "because that's what I understand at a deeper level as a psychotherapist".

"I wanted to write a self-education book, not a self-help one. It was a way to reclaim my identity, which cancer took away."

She also wanted to shine a light on our attitude to death and why it's so hard to deal with it. "Death has such a ripple effect on everyone in the community, yet we find it so hard to talk about. As the Buddhists say, understanding is a form of love. That's what I hope this book will give people."

In one chapter, she writes about trying, and failing, to plan her own funeral.

"I met with a funeral director, but then a friend lent me a book by Thomas Lynch, the poet and essayist who runs a funeral home in small-town America. One thing he says is that you won't be at your own funeral, so why do you need to organise it? I think he's right."

As a musician (piano, guitar and flute) and a member of several choirs, including a female barbershop quartet when she lived in Bermuda, Russell says music is the only part of her funeral she wants control over.

"If you can laugh at the absurdity of life, especially things beyond your control, that can cut through a lot of life's anxiety and fear."

"I change my mind every five minutes about which songs I'll have. But music is my way of trying to inject something meaningful into my funeral."

While she's no longer afraid of death, Russell admits anxiety has never left her – it's just moved around.

"Previously, I'd worry about superficial things like my weight or what to wear, but now I get anxious about when the cancer will come back and that treatments may not keep me alive very long."

Walking on Cheltenham Beach, meditation, and spending time with her grandchildren – aged 18 months to 10 years – help.

"Kids live in the moment. They don't care about what's coming tomorrow or next week, they just deal with the now, which is a good place to be."

Russell often draws on humour to get her through. "I'm Scottish, and we have a wicked sense of humour. If you can laugh at the absurdity of life, especially things beyond your control, that can cut through a lot of life's anxiety and fear."

Besides, she adds, death comes for us all. "No one gets out of this alive. I didn't think my time would be up as quickly as it is, but this is where I am, so I just have to get on and deal with it." ▮

The Feeling of Cancer by Sandra Russell (Self Aware Publishing, $35) is out now.

Glowing with life

A hundred years after her death, Katherine Mansfield's short stories are still as vivid and immediate as when they were first penned. **by KIRSTY GUNN**

When does a writer first start thinking about writing? Thinking, not about what to write – all those stories or poems or novels and what might happen in them – but, thinking, rather, how to go about it. When does she start thinking, this writer, about the writing itself?

For Katherine Mansfield, the Wellington-born short-story writer, it was early enough: “This style of work absorbs me,” she wrote, when still a girl, to an Australian magazine that was publishing vignettes she'd developed from earlier pieces and which already showed her visionary bringing together, in prose, of seeing and sense. Here was someone who knew exactly what words could do, how they could bring life, as it were, to life. No matter what her subject, whether it was a doll's house or an apple, Mansfield wanted to forge the kind of sentence that would transcribe it fully, wondrously to the page as something vital and necessary.

“Do you, too, feel an infinite delight and value in *detail*,” she wrote to her dear friend, the Ukrainian translator Samuel Koteliansky, in 1915, “not for the sake of detail but for the life *in* the life of it.”

Certainly that life of life was to be a preoccupation for the entire short span of her own – one that ended shockingly early, at 34, in a coughing fit of bright blood after she ran up a flight of stairs in a remote priory in Fontainebleau-Avon, and collapsed. She had moved there – to Armenian philosopher George Gurdjieff's Institute for the Harmonious Development of Man, a commune of writers and artists who shared values in living simply and thoughtfully – not to write more short stories. They had pretty much finished by then and she was exhausted and tired of the literary whirl. Here was “a mind and temperament striving, against the clock”, writes Vincent O'Sullivan in the introduction to the last volume of his and Margaret Scott's *Collected Letters of Katherine Mansfield*, “to wrest meaning and coherence ... from the reality that inevitably was hers.”

> **Mansfield created sentences and phrases that seem, each time we read them, as though fresh from a new world.**

For even in her journals and last letters we see how Mansfield's instinct is to pull out the essence of a thing, to grab a last draft of the living, the vital, the necessary – and get it down in words. “There is no detail so poignant and so simply indicative of the life she was attempting to remake, as the list of Russian words and phrases she was trying to learn,” O'Sullivan finishes. “I was late because my fire did not burn. The sky was blue as in summer ... The trees still have apples ... Apple ...”

“MOMENTS OF BEING”

Her previous collections of stories had included a bestseller (which she came to hate), *In a German Pension*, the critically acclaimed *Bliss and Other Stories* and *The Garden Party*, also containing some of her best-known fiction – the “attenuated yet powerful”, “glowing” New Zealand stories, as Rebecca West described them back in 1922, and that critics around the world have agreed about ever since. Mansfield created sentences and phrases – whether in a story or a letter or an entry in her journal – that seem, each time we read them, as though fresh from a new world, making out of details and bright flecks and gleams of emotion a particular form of short story, one that was vivid, fleeting, that started in the midst of things and cut off just as quickly. It may have been her friend and fellow writer Virginia Woolf – herself admitting that she was “jealous” of Mansfield's writing – who printed the phrase “moments of being” upon the literary imagination. But it was Mansfield's prose that showed those moments flaring and living on the page.

“CLEAR AS GLASS”

Thinking about how it is to come into narrative, how one feels, as though inside the story, when reading it – this is not something that gets talked about much in review pages for novels and short stories. Yet, upon this centenary of Mansfield's death, it's been interesting to see how writers and critics in the UK and US have seized upon that aspect of the Modernist's prose. This is writing that conveys “nearness”, as Helen Simpson put it in the *Guardian*, and a “multisensorial

Delight in the details: Katherine Mansfield wrote her short stories to “simply unfold”.

GETTY IMAGES

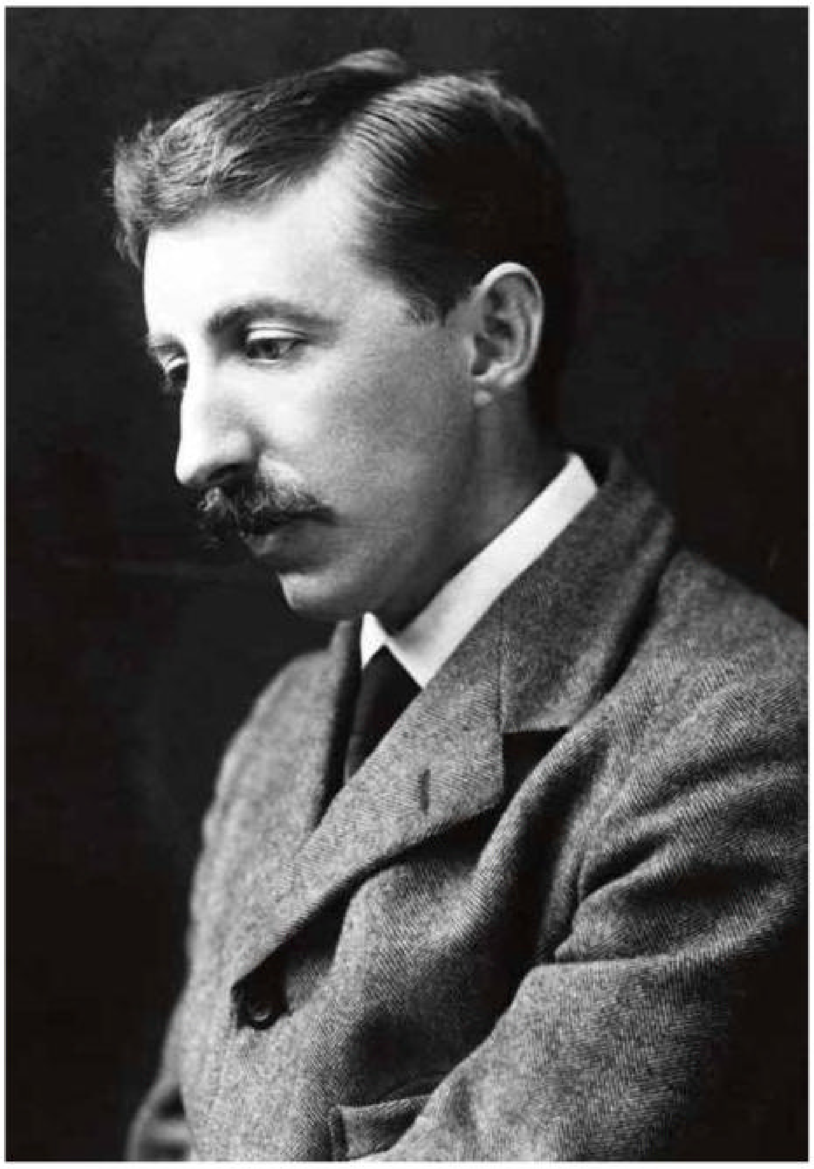
KATHERINE MANSFIELD EVENTS

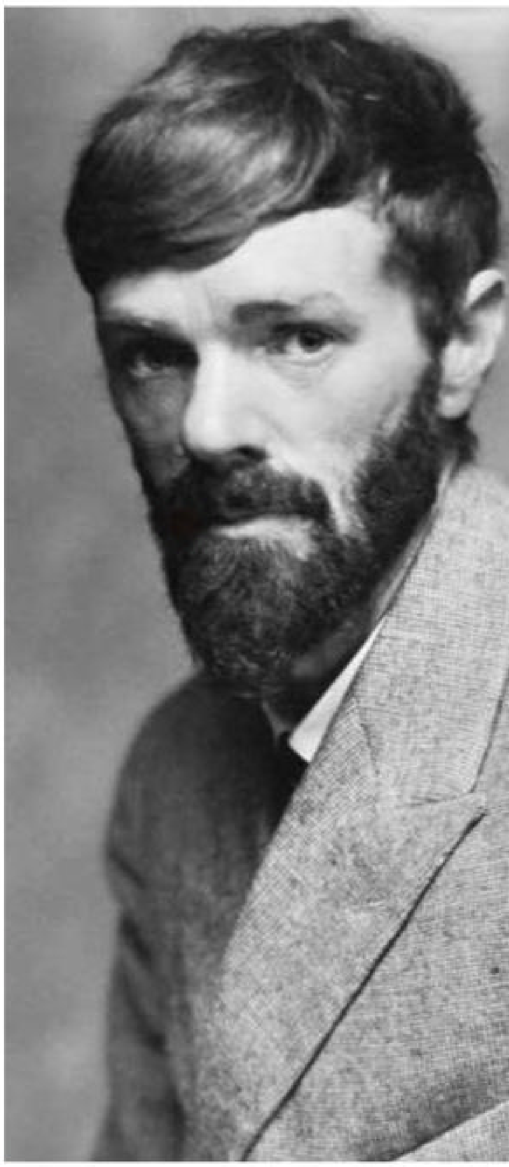
Mansfield In Her Own Words
February 26 – As part of the Hamilton Gardens Art Festival, musicians including Anna Coddington, Lawrence Arabia, Julia Deans and French for Rabbits perform original music inspired by and set to the poems of Mansfield in the garden named after the writer.

Woman of Words, Royal New Zealand Ballet
March 27, 6pm, 8.30pm – Lake Wanaka Centre
A new biographical dance work celebrating the extraordinary life of Katherine Mansfield.

Katherine Mansfield: Last Things and Legacies
July 7-9 – A three-day conference at Te Herenga Waka Victoria University Pipitea Campus reflecting on her final years and legacy.

Katherine Mansfield Society Conference
October 13-15 – In Avon, France, the international Katherine Mansfield Society will host a conference, including a visit to the author's gravesite.





immediacy", as Catherine Taylor said in the *Financial Times*. It's as if the very process of stories that "simply unfold", as Mansfield herself described them, has finally come to light as a distinctively innovative feature of work generated by the one New Zealand member of the Bloomsbury Set. The rest of them were keenly pitched to modernise literature and change the way we think about reading while she herself thought Chekhov had already accomplished that job.

> **This "Garden Party Writing" was a way for Mansfield to bring back New Zealand – her "hidden" place of prose.**

For so long, Mansfield has tended to be placed on the outer rim of that London-centric cultural circle – though she set the bar high for them and her work was valued by the likes of TS Eliot and DH Lawrence and EM Forster ("these dark young men", she called them), as well as Woolf, who admired from the start Mansfield's "senses".

"She has a much better idea of writing than most," she wrote to her sister, Vanessa Bell. Woolf's Hogarth Press first published the radiant "Prelude", Mansfield's story of home and family written as an "elegy" to her younger brother who had died in World War I, using that specific term years before Woolf was to name it in relation to her own novels. Elegy is the right word entirely for a style of prose that seems to bring back to life the thing that is past; that one would re-experience it, relive all those moments of being as though they are happening right here, right now – with no authorial fixing or changing or making shape out of or explaining. Instead, there's a transparency to the writing, as the English short-story writer VS Pritchett put it, "clear as glass"; the story seems to open up from inside and we're simply, from the outset, entirely within.

COMING HOME

This "Garden Party Writing", as I call it, was a way for Mansfield to bring back New Zealand – her "hidden" place of prose – and enter into a freshly imagined world that was far from the gossipy drawing rooms of London or the lonely hotels across Europe in which she lived for such large portions of her life. All that moving – seeking endless cures for the tuberculosis she would never name, travelling from the cold air of the Swiss mountains to the warmth of the South of France, returning to Britain only to

From left, EM Forster, DH Lawrence, TS Eliot and Virginia Woolf were all admirers of Mansfield's work.

come back again – found a resting place in her own fiction, in the gardens and houses of Wellington and Days Bay and Karori. In "At the Bay" and "Prelude" and "A Birthday Party" and more, Mansfield came home.

Here, in stories composed of memory and invention both, thought is returned, emotion met, and experience is registered second by second, sentence by sentence on the page. The life of her characters is conveyed by what happens in the stories – of course it is: who can forget Bertha's discovery of her husband's infidelity and the treacherous Miss Fulton in "Bliss", or the silent now speaking Else Kelvey who has seen the miniature lamp? Or not be moved by the disappearance of the unnamed narrator in "A Dill Pickle", or by two timid sisters in "The Daughters of the Late Colonel" who will be always trapped behind the window they look out of on to the world?

These moments have all the jump and emotion of drama. But "plots leave me cold", she wrote, and it's the way Mansfield writes about people and how they are with each other, her method more than myth, that is her real content; the reason her work breathes and soars and sings. "What form is it? you ask," she wrote to her friend, the painter Dorothy Brett, explaining how she wanted to write about the "island" of her birth. "As far as I know, it's more or less my own invention."

PULSING WITH LIFE

Living, remembering, imagining ... When does a writer first start thinking about writing? For me, I know it happened when my mother began reading Mansfield stories aloud when I was about eight or nine. "The Doll's House", "Miss Brill", "Her First Ball". Stories that seemed to be set in the Wellington I grew up in, with its Botanic Garden and wooden houses, its harbour and hills and open sea. But cast over with something else that brought with it other places, other voices, a past and present conjoined – that word "elegy" again – expressing a way of being in a syntax and language that was powerfully intimate and immediate.

I was feeling this writing as something alive, something volatile and precious and rare.

It's taken me years to figure out Mansfield's sense of the continual present tense as a fictional mode, of how the "whole mind", to use a phrase of hers, is caught up in what she's attending to, as though at the exact point of our reading about it – and that she herself was on to pretty much from the beginning.

When my mother opened up the worlds of those stories to me, I was aware, I know now, from the movement and modulation of her voice, from the way certain words and phrases sounded out in the air – the quality of what Elizabeth Bowen called "speakingness" in Mansfield' s work – that I was feeling this writing as something alive, something volatile and precious and rare.

Understanding it, yes, maybe. Thinking about it, for sure. And appreciating it, the characters and their situations and dramas. But more than anything, *experiencing* the story, feeling its very pulse. "You never need to read a Katherine Mansfield story in advance in order to prepare for a recording or a presentation," the British actress Susannah Harker said to me once. "You just, well, ... read it. The story is all there."

Kirsty Gunn is currently working with Delia da Sousa Correa on a Selected Letters of Katherine Mansfield *for Oxford University Press.*
CK Stead's review of All Sorts of Lives: Katherine Mansfield and the art of risking everything, *by Claire Harman, is on p48.*

GETTY IMAGES

Scenes from a marriage

NZ playwright **Brian McNeill** wrote a hugely successful play about the relationship between Katherine Mansfield and her husband. He recalls how it came about.

On March 6, 1972, I found myself driving down to Norfolk. It was early spring in the Northern Hemisphere. "Come to lunch," the invitation said. This was joyful news, for Mary Middleton Murry would have had every right to refuse me the time of day after the way I'd portrayed her late husband. But then Mary was John's fourth wife. And the John Middleton Murry I had put in the script of my play, *The Two Tigers*, was a much younger and more vacillating figure than the conservative-leaning family man with a passion for farming and breeding bulls that Mary had come to know.

John had married Mary Gamble in 1954. He had married Katherine Mansfield back in 1918. And there had been two other wives in between. John died in 1957. So, I was visiting his widow some 15 years on. The idea of writing a stage play on Katherine Mansfield had occurred to me a year or so before. I'd been in Britain 12 years: a young actor and writer. And one afternoon, when passing New Zealand House, I saw in the window a photograph of Katherine Mansfield.

Might the Arts Council back home give me a grant? After all, I was a Kiwi. Margaret Scott from the Alexander Turnbull Library just happened to be at New Zealand House that same day. Engaged at the time in the editing of Mansfield's notebooks and journals she, if anyone, would be the person to ask.

I'd read Mansfield at school and knew she'd died in France in the care of the Armenian mystic George Gurdjieff. But otherwise I knew very little about her. Scott still saw fit to offer her encouragement, and it was through her that I later gained the introduction to Mary Middleton Murry. No grant in the offing, though.

Next it was on to the Reading Room of the British Museum, that haunt of so many famous writers. Karl Marx (once Murry's hero) had written *Das Kapital* there and the likes of EM Forster, TS Eliot, Aldous Huxley and Virginia Woolf, all of whom were well known to Mansfield and Murry, would at some time or other have sat under that great dome consulting some esoteric tome or other. The characters of Gudrun and Gerald in DH Lawrence's *Women in Love* were based on Mansfield and Murry during the time they all spent together in Cornwall. Not that Lawrence would have written that, or *Lady Chatterley's Lover*, in the Reading Room.

> **Here, then, was a living link to Mansfield and her circle. Someone whom Katherine had known well.**

At first my focus was solely on Mansfield. But what gave me the thematic breakthrough I was looking for was the collected letters of Mansfield to Murry. Published by Constable, first in 1928 just five years after Mansfield's death, these intimate letters to a lover and husband caused a literary furore. Accused of cashing in on his wife's untimely death, Murry was both shunned and mocked by the literary world. But what a relationship, with all the ingredients I needed to construct a play. A sort of Héloïse and Abelard for the 20th century.

Lower Lodge, Thelnetham, via Diss, Norfolk. It sounded very English village chocolate boxy and so it was. Thatched roof and all. Mary's companion answered the door and the first thing I saw upon entering the hallway was a powerful painting in oils of Mansfield. Only it turned out not to be her but Murry's second wife.

Violet le Maistre had also wanted to be a writer and her physical resemblance to Mansfield was startling. She had mimicked Mansfield in every way, right down to dying of TB. According to Murry's younger brother, Richard, John became a little insane, believing that it was Katherine's spirit come back to haunt him and that he was twice damned. (Along with several biographers of Mansfield, I also had some odd experiences while working on *The Two Tigers*.)

Mary, though, was very warm and welcoming. She liked the play, and gave her permission for the quotes. She also introduced me to Richard. It was he who had painted the Mansfield lookalike and the house was full of his paintings.

Mansfield mentions Richard several times in her collected letters. He was wanting to be an artist and she was encouraging him. There was the occasion when, dressed as a shepherd boy, he had served lunch at one of Lady Ottoline Morrell's famous literary gatherings. Here,

Dramatic relationship: John Middleton Murry and Katherine Mansfield.

ATL

then, was a living link to Mansfield and her circle. Someone whom Katherine had known well.

My first meeting with Richard Murry was at a Notting Hill Gate pub for "an exploratory chat". We met on several occasions after that and wrote often. When the BBC presented *A Picture of Katherine Mansfield* in 1973, which Richard hated, he wrote to me that he'd been going around saying: "If only the BBC had had Brian McNeill!"

I asked Richard, who'd fulfilled Mansfield's wishes and become a successful painter, how he remembered her. He with his painter's eye. "She always wore bright-coloured stockings and high heels. Wore her hair in a Joan-of-Arc style. Had a wonderful sense of humour. Her features were delicate. The eyes very black and with a look that was dazzling and veiled at the same time."

Virginia Woolf, on the other hand, said that Mansfield looked perpetually on guard. with her "dog-like eyes" and that she looked like "a Japanese doll". But then those two had an uneasy friendship. All of them gone now. Deceased. All that richness and wit. John Middleton Murry in 1957. Richard Murry in 1984. And Mansfield herself, 100 years ago this year: January 9, 1923. She reportedly drew her last breath in a room above the cows at the Gurdjieff Institute near Fontainebleau in France and her burial site is close by.

The Two Tigers had its premiere in Auckland in 1973 and was followed up with productions and revivals by all the then professional community theatre companies in New Zealand. There were overseas productions in New York, London, San Francisco and Sydney.

Published as a play-script by Price Milburn in 1977, the play was listed as a recommended study text in New Zealand secondary schools.

The sequel, *A Ladies' Man*, was given a rehearsed reading by the Auckland Theatre Company in 2006 but has never been produced. The correspondence between myself and the Murrys was gifted to the Katherine Mansfield Birthplace Society in 2015. ▮

HEALTH
by Nicky Pellegrino

Still hurting

Antidepressants are often used for pain relief, but new research shows they might not be as effective as first thought – or even the best option.

GETTY IMAGES

Consumption of antidepressants has more than doubled in OECD countries over the past 20 years, and the often off-label use of these medicines to treat chronic pain conditions is believed to be contributing to the increase.

Many people are dealing with ongoing pain – about one in five globally – and yet drug options for treatment are limited and the potential harm of many medications may outweigh the benefits. Opioids are highly addictive, for instance, and long-term use of anti-inflammatories can have numerous adverse effects, including kidney and gastrointestinal risks.

In its most recent guidelines for managing primary chronic pain (defined, in this case, as pain with no clear underlying cause, or pain or its impact that is out of proportion to any observable injury or disease), the UK's National Institute for Health and Care Excellence (Nice) recommended against using any pain medicine, with the exception of antidepressants.

> **“Some antidepressants may be effective for some pain conditions but not for others.”**

Giovanni Ferreira

The guidelines sparked curiosity in researchers at the University of Sydney's Institute for Musculoskeletal Health. After all, a lot of diverse health problems are grouped together and defined as chronic pain conditions, from fibromyalgia to irritable bowel syndrome. And the term antidepressants is used to describe a range of very different drugs.

Led by Dr Giovanni Ferreira, the researchers reviewed all the existing evidence about the effectiveness of antidepressants to treat chronic pain, delving into data covering 22 pain conditions and eight different classes of the drug.

Ferreira says, “What we've shown is that some antidepressants may be effective for some pain conditions but not for others. You can't just lump everything into one broad term.”

Tricyclic antidepressants such as amitriptyline are commonly used for pain, but this latest review found that

for most conditions they were ineffective or the evidence for their efficacy was inconclusive.

"They did seem to reduce pain for people with irritable bowel syndrome, nerve pain and chronic tension-type headaches," says Ferreira.

A class of drugs known as SNRIs (serotonin and norepinephrine reuptake inhibitors) was effective for a larger number of pain conditions including back pain, post-operative pain, fibromyalgia and nerve pain.

Meanwhile, SSRIs (selective serotonin reuptake inhibitors), which are usually the preferred medication for moderate to severe depression, proved not to be as helpful for pain.

The researchers found there was an absence of high-certainty evidence and that many of the clinical trials that have been done had ties to the pharmaceutical industry.

How antidepressants help relieve pain is not very well understood, although it seems likely they affect chemicals in the brain involved with pain perception. We do know they can have a range of unpleasant and potentially dangerous side effects, particularly when taken by elderly people.

> **There is an increasing focus on drug-free strategies for pain, such as physical activity, weight reduction and physiotherapy.**

And so there is an increasing focus on drug-free strategies for pain, such as physical activity, weight reduction, physiotherapy and psychological therapies.

Ferreira believes there is a place for both approaches. "There's a lot of trial and error involved in the management of chronic pain and people need to think about what works for them, but medicines do have a role and I think we need to remove the stigma around using them. Some people rely on pain medication so they can function. And the ultimate goal is to improve quality of life."

There can also be some stigma associated with taking antidepressants. "Both patients and clinicians can be reluctant to use them," says Ferreira. "For patients, sometimes there is the idea that the doctor is suggesting the pain is all in their head."

In the Netherlands, prescription of amitriptyline for people with osteoarthritis has increased by 17% in the past decade. Among older people, data from Canada, the US, the UK and Taiwan suggests chronic pain is the most common condition leading to an antidepressant prescription – even more so than depression.

Ferreira believes this new review clearly shows a more nuanced and individualised approach is needed when prescribing these drugs to treat pain.

He says, "Clinicians and patients shouldn't be misled into thinking that all antidepressants have the same effectiveness for pain conditions. We have shown that is not the case." ▮

HEALTH BRIEFS

GUT FEELING ON FATIGUE

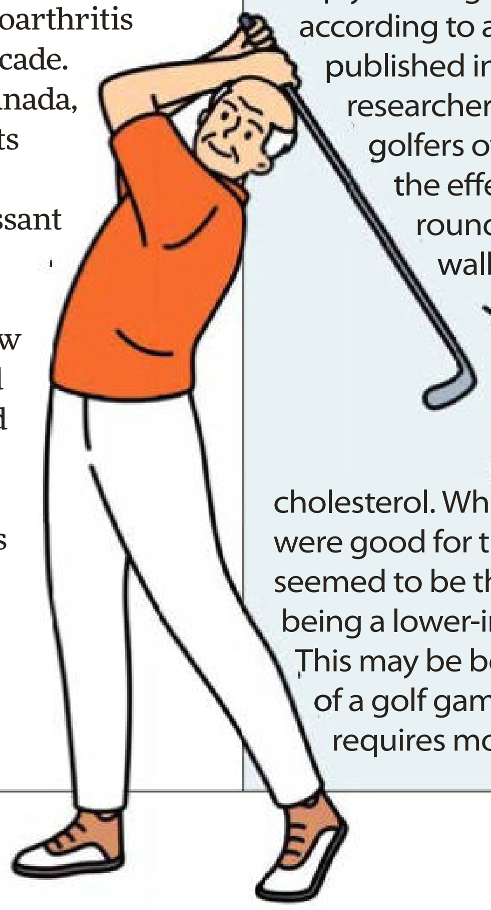
Chronic fatigue syndrome, also known as myalgic encephalomyelitis (ME/CFS), has been linked to changes to gut bacteria in two US studies, which both found reduced levels of microbes known to produce the fatty acid butyrate. Although these studies, published in *Cell Host & Microbe*, don't show disturbances in the microbiome directly cause symptoms, the authors say they do point to possible treatments focusing on diet, probiotics or prebiotics.

CONCEPTION RISK FACTORS

A scoring system based on just six risk factors could help women improve their chances of conceiving, according to Singaporean research published in *JAMA Network Open*. In the study, women were given one point for each of the following factors: unhealthy body mass index, unhealthy diet, smoking, drinking more than one alcoholic drink a week, not using folic acid supplements, and being over 32. The authors say eliminating these risk factors reduced the incidence of not conceiving by 34% in the study population.

ROUNDS FOR CELEBRATION

If you're older and want to find an exercise to improve your health, golf is probably better than simply walking or Nordic walking, according to a small study published in the *BMJ*. Finnish researchers studied 25 healthy golfers over 65, comparing the effects of an 18-hole round of golf, 6km of walking, and 6km of Nordic walking on blood pressure, blood sugar and cholesterol. While all the exercises were good for the heart, golf seemed to be the best, despite being a lower-intensity exercise. This may be because the duration of a golf game is longer and requires more energy overall.



GETTY IMAGES

NUTRITION

by Jennifer Bowden

Fat chance

Western notions about the traditional Inuit diet usually don't include the full menu.

GETTY IMAGES

Question:

I have often wondered how populations with diets highly restricted by geography and climate manage to get all the essential nutrients they need. For example, how do the indigenous peoples of the Arctic Circle stay healthy on a diet of dried cod and seal? Are they below par health-wise, or have their systems become accustomed to this diet after generations?

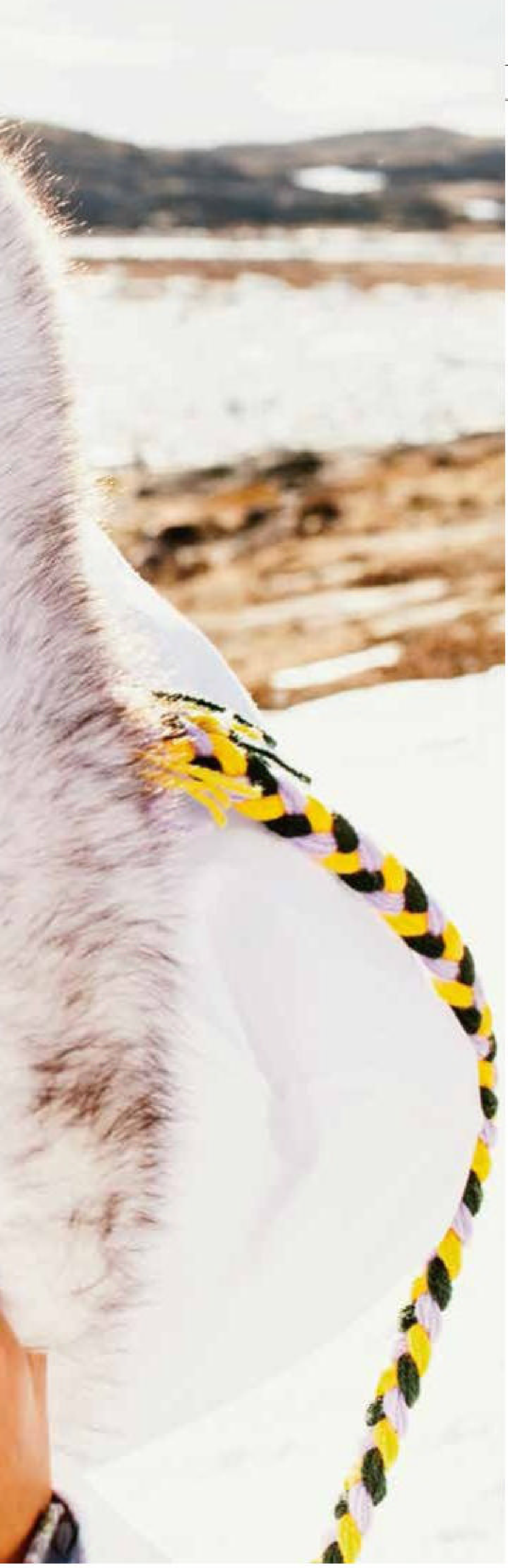
Answer:

Humans inhabit some of the harshest environments on Earth, successfully sustaining their communities everywhere, from arid deserts and hypoxic high altitudes to the extreme cold of the Arctic Circle. How do they do it? It's an intriguing story of genetic adaptation and making the most of all available food resources.

The Inuit of the Canadian Arctic get most of their dietary energy from animal fat.

A range of communities live within the Arctic Circle, which includes parts of Alaska, Canada, Russia and Greenland. The Inuit, indigenous people who have long lived in northern Canada, parts of Greenland and Alaska, are renowned for their predominantly animal-based diet. But don't let those meaty headlines fool you. They eat more than just meat and animal fat.

Traditionally living as hunter-gatherers, the Inuit of the Canadian Arctic get most of their dietary energy (75%) from animal fat. Their animal-rich diet includes marine and terrestrial mammals (such as seals and caribou/



reindeer), wild birds and fish, which means they are eating a lot of heart-healthy omega-3 polyunsaturated fatty acids. They eat their meat and fish raw, cooked or fermented, which alters the availability of essential nutrients.

But, in addition to meat and fish, they also eat several types of plants and berries, such as blueberries, blackberries and cranberries, noted a 2017 research paper in the journal *Microbiome*. And although fruit and vegetables are typically the richest sources of essential vitamins such as vitamin C in Western countries, the Inuits' richest sources are animal foods, such as eggs, raw whale skin (known as mattak), caribou liver, raw fish and ringed seal liver as well as berries. Researchers have concluded their traditional diet is therefore "rich in proteins and essential vitamins".

Undoubtedly, the Inuits' traditional diet contains significantly more fat than is considered ideal from a Western viewpoint. But this view does not take into account food availability in extreme environments such as the Arctic Circle. Nor does it consider Inuits' genetic adaptations, which mean they are better suited metabolically than Western adults to deal with a traditional high-fat diet (in other words, don't try the traditional Inuit diet at home, folks).

Inuits are better suited metabolically than Western adults to deal with a traditional high-fat diet.

For instance, researchers compared the genome of the Inuit with that of Europeans and Han Chinese. The Inuit had marked differences in genes that coded for compounds involved in processing dietary fatty acids. One specific genetic variant was found in almost all Inuit, but in only 2% of Europeans and 16% of Han Chinese. Researchers found genetic variations in how the Inuit processed fatty acids from foods they had eaten and how their body cells produced heat in response to cold exposure.

Several genetic differences are associated with lower fasting insulin levels and LDL cholesterol levels, which could protect them against heart disease and diabetes. Interestingly, the genetic differences are also associated with shorter height, which may partly explain the Inuits' lower average stature compared with European Canadians.

But it isn't all good news for the Inuit. Like most indigenous peoples, their health and wellbeing have been significantly affected by interactions with Europeans. For example, although the incidence of infectious diseases among Inuit has reduced in the past five centuries, alongside colonial changes and Western-food influences their rates of chronic conditions such as diabetes and cardiovascular disease have climbed, and so have suicides, violence and substance abuse, noted a 2004 review of the Inuit in the *Scandinavian Journal of Public Health.* ▮

Email your nutrition questions to listenerlife@aremedia.co.nz

NUTRITION BITES

TROUBLE FOR PARASITES

Scientists at Lancaster University and the University of Manchester have discovered that a high-fat diet allows the immune system to eliminate a parasitic worm – a common cause of fatal illness in the developing world. Previous studies showed that immune responses that expel the parasite rely on white blood cells called T-helper 2 cells. Now, a high-fat diet has been shown to increase a molecule on T-helper cells called ST2 and this allows an increased T-helper 2 response that expels the parasite from the large intestinal lining.

STUDENTS & BOOZE

Using MRI scanning technology, researchers from three US universities explored the relationship between alcohol cues, cravings and consumption. Student volunteers whose brains exhibited greater activity when they saw alcohol cues showed a higher chance of drinking after craving alcohol. When this result was married with data on their life purpose, these same neurally active drinkers did not inevitably drink more when they craved alcohol if they were feeling a strong life purpose. Researchers say this study "opens the door" to discovering new ways to discourage binge drinking among university students.

COLOURFUL ON THE INSIDE

An opportunity to increase the concentration of healthy pigments in blueberry flesh using natural breeding has been noted by Plant & Food Research NZ. Although coloured pigments in the skin of blueberries are packed with nutrients, the flesh is colourless. But the closely related bilberry has vibrant, colourful flesh. The institute says by combining the commercial benefits of blueberries with the colour-filled flesh of bilberries, a hybrid berry would contain five times the anthocyanins – an anti-inflammatory pigment – of blueberries.

– Listener staff

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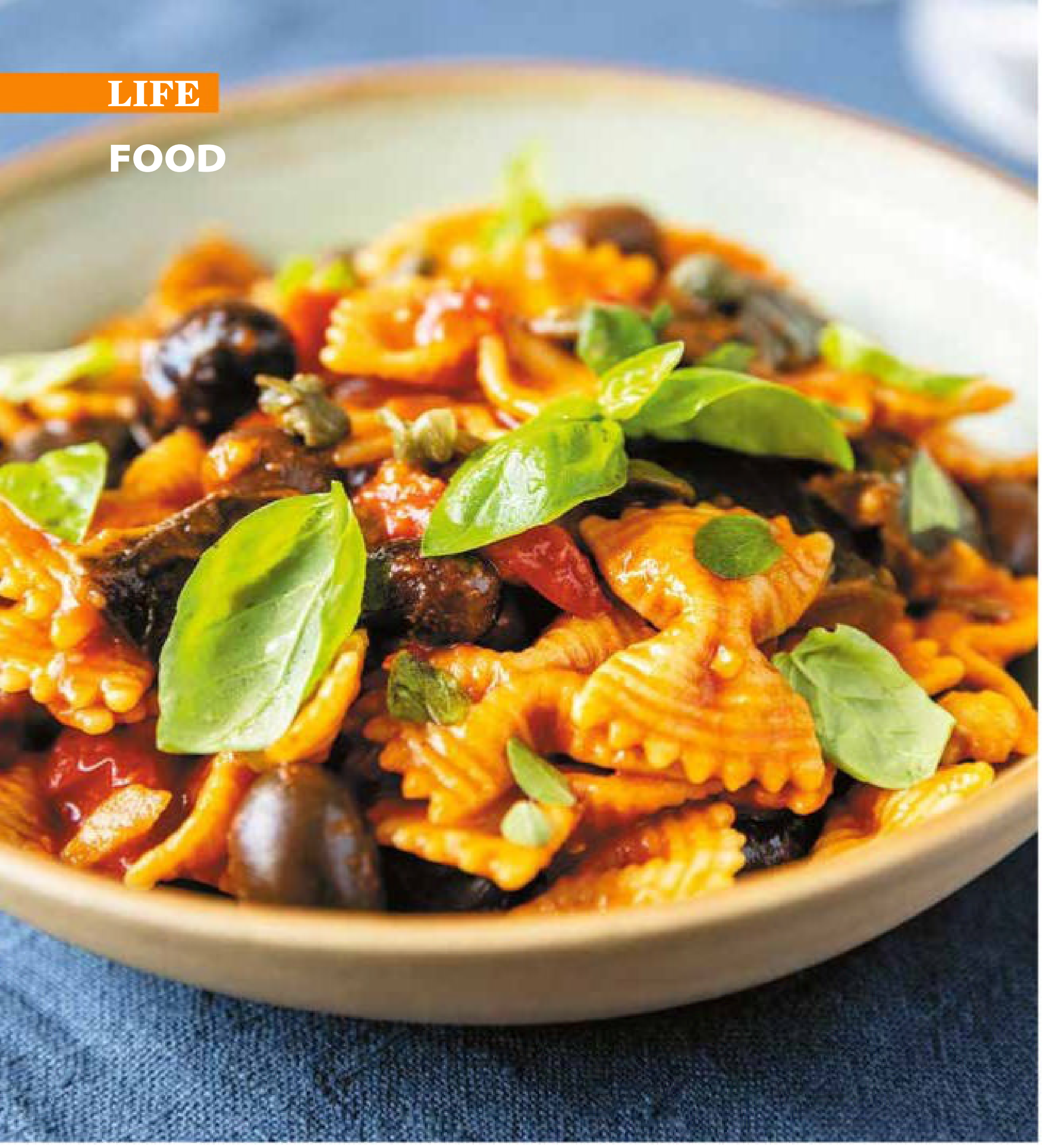


From left, vegan lady of the night, spaghetti al limone and the assassin's spaghetti.

Faster pasta

For Italian-born cook NADIA CATERINA MUNNO, family plays a big part in her simple, authentic pasta dishes.

My husband, Brook, has a mild gluten intolerance and he loves the flavours of summertime. I created the following recipe for him and prepared it with all the love and heat of summer. In addition to being inspired by gluten-free pasta, the recipe also draws its flavours from puttanesca, omitting the anchovies or tuna, and enriches it with aubergine, the quintessential summer ingredient in the south of Italy. The sauce is incredible with its aubergine, olives and capers mingling in tomatoes, a vegan variation on a classic that celebrates the greatest hits of seasonal Southern Italian flavours.

VEGAN LADY OF THE NIGHT

GLUTEN-FREE FARFALLE WITH TOMATO, AUBERGINE, OLIVES AND CAPERS

400g cubed (1.5cm) aubergine – about 1 large
sea salt
2 garlic cloves, minced
120ml extra-virgin olive oil
450g baby plum tomatoes, halved
90g olives (I like kalamata)
2 tbsp capers (rinsed and soaked if salt-packed; drained if in brine)
250g tinned peeled plum tomatoes, crushed by hand
450g gluten-free farfalle (or use penne, ziti or fusilli)
fresh basil leaves, for garnish

Place the aubergine in a colander and sprinkle with salt to draw out the moisture. Set aside to drain, weighted down, for an hour. Rinse, then pat dry with kitchen paper.

Bring a large pot of water to a rolling boil over a high heat.

Meanwhile, in a large, deep sauté pan, sizzle the garlic in the oil over a low heat until bubbles form around it –1-2 minutes.

Add the aubergine, increase the heat to medium, then add some salt. Stir, adding water as needed to cook the aubergine until tender – about 8 minutes. Add the halved tomatoes, increase the heat to medium-high, season with salt and cook until the tomatoes soften – about 5 minutes. Stir in the olives and capers. Pour in the tinned tomatoes, then cook until the sauce has thickened and the tomatoes have lost their raw flavour – about 8 minutes.

Once the water has reached a rolling boil, season with salt until it tastes like a seasoned soup. Drop in the pasta and cook until al dente.

Then, add the pasta to the sauté pan with a few spoonfuls of the cooking water. Simmer briefly to bring the flavours together and thicken the sauce. Serve garnished with basil leaves.

Serves 4.

I WILL NEVER forget my first encounter with a lemon tree. My nonno (grandad) had an old wooden ladder that he would use to pick fresh

lemons, but I was always too scared to try to climb it. One day, however, the lemons looked so ripe and yellow that I couldn't resist. I mustered all my courage and climbed the narrow rungs, reaching out to pick the giant lemon that was calling my name. As I ripped it from the branch, it released some divine essence that hit my senses. It was love at first smell. My lemon obsession had begun.

This creamy, tangy pasta dish is a luscious love letter to that first encounter. The touch of butter and splash of cream make it rich, while the citrusy tang keeps it fresh and juicy.

SPAGHETTI AL LIMONE

SPAGHETTI WITH CREAMY LEMON SAUCE

sea salt
450g spaghetti (or use spaghettini or tonnarelli)
3 tbsp unsalted butter
2 garlic cloves, minced
2 tbsp extra-virgin olive oil
grated zest of 2 lemons (about 2 tbsp), plus more for garnish
juice of 1 lemon (about 3 tbsp)
480ml double cream

Bring a large pot of water to a rolling boil over a high heat. Season with the salt until the water tastes like a seasoned soup. Add the pasta, then cook until very al dente (a little more than half the recommended cook time), reserving the cooking water.

Meanwhile, in a large, deep sauté pan, heat the butter and garlic over a medium-low heat. Cook until the garlic starts sizzling with little bubbles around it – 1-2 minutes. Add the oil, lemon zest and juice, then let the flavours mingle. Pour inthe cream and season with a heavy pinch of salt. Bring to a simmer over a medium-high heat and cook, stirring frequently, until the cream sauce begins to thicken – about 5 minutes.

Transfer the pasta to the sauté pan along with a ladleful (120ml) of cooking water. Cook until al dente. Check frequently to see when the pasta is done, adding more pasta cooking water as needed to cook the pasta and keep the sauce loose.

Serve with lemon zest sprinkled on top.

Serves 4.

GORGEOUS TIP

To make this a vegan recipe, leave out the cream and butter and instead double the amount of extra-virgin olive oil used to sizzle the garlic.

THIS IS A famous dish from Puglia, and the recipe is based on an almost true story. Legend has it that a drunk cook at a restaurant in Bari was distracted by a beautiful woman passing by and put uncooked spaghetti directly into his cast-iron pan of simmering tomato sauce that he had overloaded with too much garlic and chillies.

Once the spaghetti absorbed the sauce, it began to burn on the bottom of the pan, alerting the cook with its spicy and smoky aromas. He tried to save the dish from disaster by making a tomato-paste broth and slowly adding it to the pan, risottata-style, inventing something unique.

The pasta became one with the chillies and the tomatoes, and it was so beautifully flawed and perfect that he decided to serve it to a guest who, upon eating it, was so overwhelmed by the spice he shouted, "What are you trying to do, kill me?" Thus, the assassin's spaghetti was born. Serve this to spice up your life. For maximum deadliness, cook in a cast-iron frying pan.

THE ASSASSIN'S SPAGHETTI

PAN-FRIED SPICY SPAGHETTI

60g tomato paste
sea salt
2 garlic cloves, minced
1 tbsp Calabrian chilli flakes, or to taste
60g extra-virgin olive oil
400g tin peeled plum tomatoes, crushed by hand
450g spaghetti (or use spaghettoni)
whole fresh long red chillies (such as Pinocchio's nose), for garnish

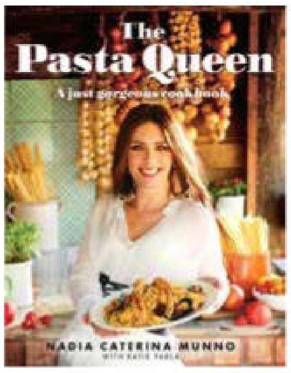
In a medium pot, bring 1.4 litres of water to a rolling boil over a high heat. Stir in the tomato paste until it dissolves to create a tomato broth. If necessary, season with salt until it tastes like a seasoned soup. Keep the broth warm over a very low heat.

Meanwhile, in a large, deep sauté pan, sizzle the garlic and chilli flakes in the oil over a low heat. Add the tomatoes and a heavy pinch of salt. Increase the heat to medium high, then add the uncooked spaghetti. Ladle in the tomato broth to keep the spaghetti just barely submerged, adding more as needed. Let the pasta cook until it sticks to the bottom of the pan and starts to burn slightly. Toss briefly and add a splash (60ml) of tomato broth. Cook until al dente, allowing the pasta to completely absorb the liquid. Add 60ml tomato broth at a time as needed to finish cooking the pasta.

Serve garnished with fresh chillies.

Serves 4. ▮

An edited extract from THE PASTA QUEEN: A JUST GORGEOUS COOKBOOK, by Nadia Caterina Munno (HarperCollins, RRP $50 hb).



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WINE
by Michael Cooper

Flower power

With their enticingly perfumed bouquets, aromatic white wines are making their presence felt.

Do you stop to smell the roses? If so, there is a strong chance you would enjoy aromatic white wines, with their invitingly perfumed bouquets that can soar out of the glass.

Aromatic white wine grapes have no legal classification, but riesling, gewürztraminer, viognier and albariño are on most lists. Pinot gris and sauvignon blanc (notably Marlborough's strikingly aromatic sauvignon blancs) also qualify, but those hugely popular varieties have had separate feature articles in the *Listener*.

Aromatic white wines have high levels of an aroma compound class called terpenes, also found in flowers. The wines have especially high levels of monoterpenes, a subgroup that has geranium, citrus, spice, orange flower, rose and other aromas.

RIESLING

Astrolabe The Farm Marlborough Dry Riesling 2020 ★★★★½
Estate-grown at Grovetown, in the Wairau Valley, this refined wine is scented and light-bodied, with good depth of lemony, peachy flavours and a crisp, dryish, finely balanced finish. Already highly enjoyable, it's a drink-now or cellaring proposition. (11.5% alc/vol) $27

Ataahua Waipara Riesling 2020
★★★★½
Delicious now, this is a full-bodied, rich, lively wine with a medium level of sweetness. Bright, light yellow/green, it has concentrated peach and passionfruit flavours, fresh acidity and a slightly honeyed bouquet. (13% alc/vol) $28

Carrick Organic Bannockburn Central Otago Riesling 2020
★★★★★
Certified organic, this lovely, vigorous, youthful wine was hand-picked and handled entirely in stainless-steel tanks. Invitingly scented, it has intense, lemony, slightly appley and peachy flavours, gentle sweetness, crisp acidity and a long, tightly structured, finely poised finish. (11.5% alc/vol) $28

Framingham Classic Marlborough Riesling 2022 ★★★★★
This estate-grown Wairau Valley wine was hand-picked from 20- to 40-year-old vines at Conders Bend, and a small part of the blend was barrel-fermented. Medium-bodied, it is vibrantly fruity, with fresh, vigorous, citrusy, slightly peachy flavours, gentle sweetness, good acid spine and a finely poised finish. Still unfolding, it's already delicious. (12.5% alc/vol) $32

Greywacke Marlborough Riesling 2021 ★★★★★
Showing strong personality, this single-vineyard wine was grown at Fairhall. Hand-harvested, it was fermented in an even split of tanks and old oak barriques and fully oak-aged. Bright, light lemon/green, it is a rich style of riesling, with strong, lemony, peachy flavours showing a distinct touch of complexity and a gently sweet, crisp, harmonious finish. (12.5% alc/vol) $31

Hunter's Marlborough Riesling 2021 ★★★★½
Well worth cellaring, this good-value wine was estate-grown at Rapaura, in the Wairau Valley. Invitingly scented, it is medium-bodied, with good intensity of vibrant, citrusy, peachy, slightly spicy flavours and a crisp, dryish, persistent finish. (12.5% alc/vol) $20

Lake Chalice The Falcon Marlborough Riesling 2021 ★★★★
Already enjoyable, this is a light-bodied wine, fresh and vigorous, with good intensity of citrusy, slightly appley flavours, a gentle splash of sweetness and appetising acidity. Drink now or cellar. (10.5% alc/vol) $19

Misha's Vineyard Lyric Central Otago Riesling 2021 ★★★★★
This is the sort of "dry" riesling New Zealand needs more of. Estate-grown and hand-picked at Bendigo, it was mostly handled in tanks, but 38% of the blend was fermented in old French oak barrels. Fragrant and full-bodied, it has concentrated, ripe, citrusy, slightly spicy flavours, showing good complexity. It has a savoury, finely balanced, fractionally off-dry finish. (13% alc/vol) $34

Mission Estate Hawke's Bay Riesling 2021 ★★★★
Full of drink-young appeal, this attractively scented wine was grown in the Ohiti Valley. Bright, light yellow/green, it is medium-bodied, with fresh, citrusy flavours showing good delicacy and depth, lively acidity, fractional sweetness and with a finely balanced finish. Priced sharply. (12% alc/vol) $17

Pegasus Bay Waipara Valley North Canterbury Riesling 2020 ★★★★★
This classic Waipara wine is based on mature vines and crafted in a distinctly medium style. Already delicious, it is weighty and rich, with deep, peachy, slightly honeyed and gingery flavours, gentle sweetness and a harmonious finish. (13% alc/vol) $30

Te Pā Marlborough Riesling 2021 ★★★★½
This vibrant, youthful medium-bodied wine is well worth cellaring. It has strong, citrusy, peachy flavours, showing good vigour, delicacy and intensity, and a crisp, off-dry finish. Best drinking 2024-plus. (12.5% alc/vol) $20

GEWÜRZTRAMINER

Askerne Hawke's Bay Gewürztraminer 2021 ★★★★½
A youthful wine with intense varietal characters. Richly perfumed and softly mouthfilling, it has fresh, concentrated lychee and peach flavours, hints of ginger and spices, and an off-dry, well-rounded finish. (14% alc/vol) $25

Blackenbrook Vineyard Nelson Gewürztraminer 2022 ★★★★½
Estate-grown and hand-picked, this fresh, youthful wine was mostly handled in tanks; 5% of the blend was matured in old oak barrels. Perfumed and full-bodied, it has strong, vibrant, peachy, distinctly spicy flavours, slightly gingery notes, fresh acidity and a basically dry finish. (13% alc/vol) $25

Hunter's Marlborough Gewürztraminer 2021 ★★★★½
Estate-grown at Rapaura, on the north side of the Wairau Valley, this Alsace-style wine is full-bodied and floral. Vividly varietal, it has youthful, ripe peach, lychee and spice flavours, showing excellent delicacy and depth, and a finely textured, dryish, lingering finish. (14% alc/vol) $25

Johanneshof Marlborough Gewürztraminer 2022 ★★★★★
This beauty consistently ranks among the country's greatest gewürztraminers. Powerful, with a perfumed, well-spiced bouquet, it is rich and smooth, with deep stonefruit and spice flavours, a hint of honey, a gentle splash of sweetness and finely balanced acidity. A lovely mouthful. (14% alc/vol) $35

Lawson's Dry Hills Marlborough Gewürztraminer 2020 ★★★★★
Grown at the foot of the Wither Hills, this classic wine is mostly handled in stainless-steel tanks, but a small part of the blend is given "the full treatment" – indigenous yeast ferment, malolactic fermentation, lees-stirring – in seasoned French oak barriques. Full-bodied and richly fragrant, it has strong, ripe lychee, pear and spice flavours, showing a distinct touch of complexity, gentle acidity and a dryish finish. It's drinking well now. (14% alc/vol) $25

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MAIN DIVIDE

Main Divide North Canterbury Gewürztraminer 2022 ★★★★½
Offering top value, Pegasus Bay's wine was fermented in old oak puncheons and briefly barrel-aged. Full-bodied, it has concentrated, peachy, distinctly spicy flavours, showing good complexity, a splash of sweetness, gentle acidity and a well-rounded finish. Drink now or cellar. (13.5% alc/vol) $22

Seifried Nelson Gewürztraminer 2022 ★★★★
This characterful, medium-bodied wine is pale gold, with fresh, strongly spicy aromas. Packed with peachy, spicy, distinctly gingery flavours, and a splash of sweetness balanced by lively acidity, it's already drinking well. (12.5% alc/vol) $20

Stonecroft Old Vine Gimblett Gravels Hawke's Bay Gewürztraminer 2021 ★★★★★
This "Old Vine" wine is entirely from grapes hand-picked from the original Mere Road plantings of 1983. Certified organic, it is richly perfumed, sturdy and well-rounded, in a powerful, off-dry style with concentrated, ripe peach, lychee and spice flavours, a slightly oily texture and lovely delicacy and length. (14.5% alc/vol) $45

VIOGNIER

Alpha Domus The Wingwalker Hawke's Bay Viognier 2021 ★★★★½
Estate-grown in the Bridge Pā Triangle, this is a generous, youthful wine. Bright yellow/green, it is mouthfilling, with concentrated, vibrant, peachy flavours, hints of toasty oak, good complexity and a rich, dry, rounded finish. (13.5% alc/vol) $29

Askerne Hawke's Bay Viognier 2021 ★★★★½
Already drinking well, this fragrant, weighty wine was hand-picked and fermented in French oak casks. Sweet-fruited, it has rich, vibrant stonefruit flavours that are gently seasoned with toasty oak, and a smooth finish. (14% alc/vol) $25

Church Road McDonald Series Hawke's Bay Viognier 2019 ★★★★½
Rich, rounded and ready, this characterful, single-vineyard wine was estate-grown in the Bridge Pā Triangle and matured in French oak barrels. Full-bodied and fleshy, it has good complexity, generous, ripe stonefruit flavours and a hint of honey. (14% alc/vol) $25

Dancing Petrel Reserve Paewhenua Island Mangōnui Viognier 2020 ★★★★½
From a coastal vineyard in the Far North, this hand-harvested, barrel-fermented wine is fragrant, fleshy and complex. Mouthfilling, it has concentrated, ripe stonefruit flavours that are seasoned with biscuity oak. It has a harmonious, dry, lingering finish. (13.5% alc/vol) $30

Marsden Bay of Islands Viognier 2020 ★★★★½
This powerful, vibrantly fruity wine was hand-picked and aged in seasoned oak barrels. Bright, light yellow/green, it is full-bodied and sweet-fruited, with concentrated, peachy flavours, oak-derived complexity, balanced acidity and a dry finish. Worth cellaring. (13.5% alc/vol) $25

Stonecroft Gimblett Gravels Hawke's Bay Viognier 2021 ★★★★½
Certified organic, this finely poised wine was estate-grown, hand-harvested and fermented and matured for six months in seasoned French oak barrels. Softly mouthfilling and sweet-fruited, it has strong stonefruit flavours, which are showing considerable complexity, and a rich, dry, well-rounded finish. (13.5% alc/vol) $27

ALBARIÑO

Esk Valley Artisanal Collection Hawke's Bay Albariño 2021 ★★★★½
Delicious young, this single-vineyard wine was grown inland at Mangatahi, and fermented in tanks and large oak barrels. Freshly scented, it is mouthfilling and crisp, with strong, lively, peachy, spicy flavours and a finely balanced, dry finish. (14% alc/vol) $25

Forrest Marlborough Albariño 2021 ★★★★★
Full of personality, this high-impact wine is a great alternative to sauvignon blanc. Mouthfilling and vibrantly fruity, it has penetrating, peachy, citrusy, spicy flavours, vaguely salty notes and sweetness, a touch of complexity and a crisp, lasting finish. (13.5% alc/vol) $25

Nautilus Marlborough Albariño 2021 ★★★★★
This classy, single-vineyard wine is still unfolding. Loaded with youthful vigour, it is full-bodied, with intense, citrusy, peachy, spicy flavours that are dry and lingering. (13.5% alc/vol) $29

Smith & Sheth Cru Heretaunga Albariño 2021 ★★★★★
Highly refined, this youthful, single-vineyard wine was hand-picked at Bridge Pā and fermented and lees-aged in old French oak barriques. Bright, light yellow/green, it is weighty and fleshy, with generous, ripe, peachy flavours that are showing a distinct touch of complexity and a long, dry, tightly structured finish. (14.5% alc/vol) $40

The Hunting Lodge Marlborough Albariño 2022 ★★★★½
Albariño, says The Hunting Lodge, "offers the best parts of a riesling and viognier, but with none of their hang-ups". This wine has a real sense of immediacy. Full-bodied and fresh, with strong, citrusy, spicy flavours, it is crisp, dry and vigorous. Already highly approachable, it should be at its best mid-2023-plus. (13% alc/vol) $26 ■

PSYCHOLOGY

by Marc Wilson

Think again

A midlife crisis isn't inevitable. It can come down to whether you view your later years positively or negatively.

I have not gone to Tibet to find myself, and definitely not considered trading in my Nissan Tiida for a Harley, or my wife for a new model. I have just finished building a deck, but that's more of an indoor-outdoor-flow kind of scenario than a midlife crisis.

That's not to say that people don't feel the pressure of the midlife crisis, something many of us take for a cultural and social reality.

Is it real, though? Well, if people experience it, then it's real to them. This is a different question from "Is it inevitable?" or "Does everyone experience it?"

You might feel the urge to shave your head and meditate in a yurt, but midlife crises are more generally characterised by a smorgasbord of often uncomfortable emotions and thoughts. These could include worry about the state of things, as well as whether your life is meaningful, and, unsurprisingly, that thinking is accompanied by dissatisfaction with said life.

As the name suggests, this experience is most common between the ages of 45 and 55. A lot of transitions occur that invite reflection at this time. Kids might be leaving home and cutting ties, and our ageing parents not only hold up a mirror to where we're going in the coming decades but also make salient the psychological and physical changes we're going through ourselves.

> **Research shows that older people generally report life as better than they thought it would be.**

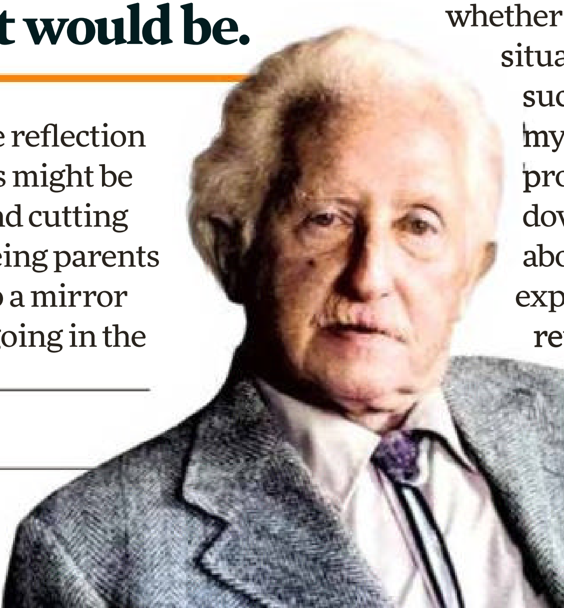
Erik Erikson, a big-name German-American psychologist, might say we've hit that point in human development characterised by the challenge he calls "generativity vs self-absorption". In other words, do we act positively on our concern for our families and society more generally, or do we look inward and focus on our own prosperity and wellbeing? That doesn't sound as bad as what comes next: "integrity vs despair" – contentment with our lives or despair at the growing prospect of, ahem, death?

Maybe I haven't yet hit my crisis point. That 45-55 years is a window with a big confidence interval. That's when a crisis is most common, but it doesn't mean younger (or older) folk don't hit that point, too. However, research suggests not everyone ever does. Estimates are that 40-60% of people – men and women – experience something they identify as a "crisis". I put the word crisis in quote marks, because only about a quarter of midlife dissatisfaction is sufficiently critical or experienced so seriously as to cause severe distress. At the same time, there's evidence that the nature of midlife crises may be different for different genders.

Part of the difficulty in getting a more precise fix on how common midlife crises are also reflects why not everyone experiences one: culture. Midlife crises may be more common in cultures that value such things as prosperity and career success (remember Erikson?). More relational cultures, or those that place more of a premium on wisdom, seem to show a lower prevalence.

So, what ya gonna do about it? Although you might be imagining old age as grim, or at least less rosy than the present feels, research also shows that older people generally report life as better than they thought it would be. Relationships tend to be better and more stable, though perhaps less energetic, and people are most likely to say they're financially content and enjoy what they're doing.

This last, as well as the statistical evidence that midlife dissatisfaction isn't inevitable, hints at something else important: how we approach the thought of midlife and, indeed, the rest of our lives. As a general rule, coping through avoidance – whether that's by avoiding people or situations – or avoidance behaviours such as drinking too much (or, in my case, playing computer games) produces more negative outcomes down the line. Instead, it really is about playing to the strengths in our expertise and our relationships, and reframing midlife not as the last of the summer wine, but a new chapter and opportunity. ▮



Erik Erikson

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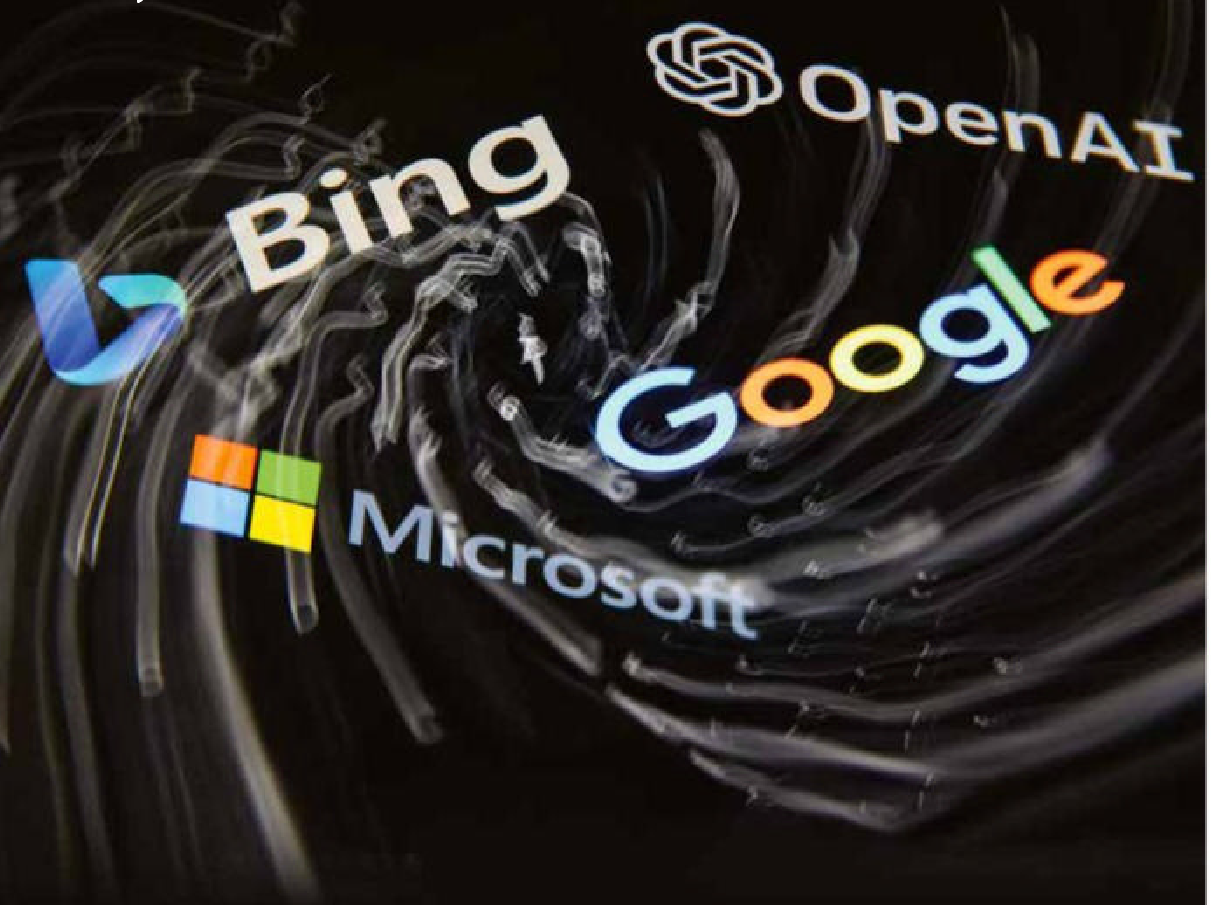
TECHNOLOGY

by Peter Griffin



Bing it on

Google, the king of search, is fighting back after Microsoft's bid for a bigger slice of the pie.

How many Google searches do you do in a typical day? The answer, for the average Google search user, is four.

For me, it is in the dozens. I'm a Google super user and have been for well over a decade, during which time the world's most popular search engine appears to have hardly changed.

Outwardly, it's still a simple application with an empty, inviting search box, the Google logo and lots of white space. Behind the scenes, legions of software engineers tweak the algorithms and indexing protocols to keep Google at the top of its search game. With 93% of the market, that has been an incredibly successful enterprise for Google's parent company, Alphabet. Search-related advertising made up 71% of Google's ad revenue in 2020, a cool US$104 billion ($165 billion).

Google has long suffered from incumbent-itis. As the king of search, it has no real incentive to change its search engine, which registers about 100,000 searches a second, even if the experience is in need of an overhaul.

One demonstration saw Bing estimate whether a certain type of Ikea-bought couch could fit in the back of a car.

But change is finally being forced upon it. Microsoft, the incumbent that built its empire in the 1990s by making sure Windows was the operating system on virtually every PC sold, is using artificial intelligence to try to claim a larger slice of Google's search pie.

Microsoft has been chipping away fruitlessly with its Bing search engine for years, unable to better Google for search relevance or ease of use. But that may be about to change, thanks to US start-up OpenAI's "generative AI" technology, ChatGPT, which has taken the internet by storm in recent months.

The intelligent chatbot is capable of coming up with coherent essays and issuing human-like responses to questions. It has now been built into the Bing search engine. The new Bing was unveiled last week, with a few examples illustrating how it could enhance internet search results. One demonstration saw Bing estimate whether a certain type of Ikea-bought couch could fit in the back of a car. Normally, a search engine would deliver a series of results that you'd have to trawl through to answer the question. But the ChatGPT-powered Bing can pull those data points together to give an informative answer.

"I need to throw a dinner party for six people who are vegetarian. Can you suggest a three-course menu with a chocolate dessert?" Bing was also asked. The search engine came back with a three-course meal to suit vegetarians, with the recipes for each dish.

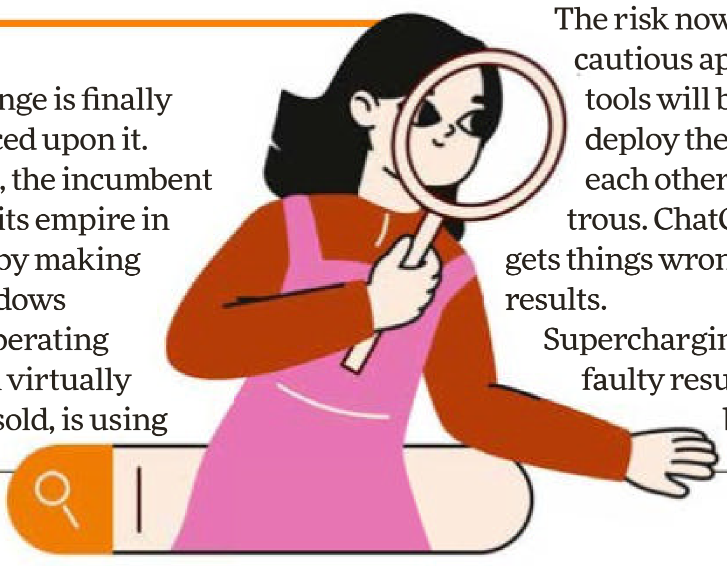
In the coming weeks, a panel will appear down the side of the Bing search engine allowing search queries to be entered into the chatbot. In case you've never used it, keep an eye on Bing.com. That will be the real test as millions of users start probing its strengths and weaknesses in the same way they've been pushing ChatGPT to its limits.

If the new Bing, and AI tools also coming to Microsoft's Edge internet browser, finally allow Google's search monopoly to be challenged, that's a good thing. Competition spurs innovation, which delivers us new features. But there's no doubt we are in the early stages of the long-talked-about AI arms race.

Google is scrambling to fight back, last week showing off Google Bard, its own ChatGPT equivalent. The logical next step is for Google to build Bard into its search engine. But for once, Google is on the back foot. It has legions of people working on artificial intelligence, but was blindsided by the success of ChatGPT.

The risk now is that the tech sector's cautious approach to releasing new AI tools will be cast aside as Big Tech firms deploy them to steal market share from each other. The results could be disastrous. ChatGPT is incredible, but it also gets things wrong and can produce biased results.

Supercharging search, but delivering more faulty results in the process, would be a big step backwards. ■



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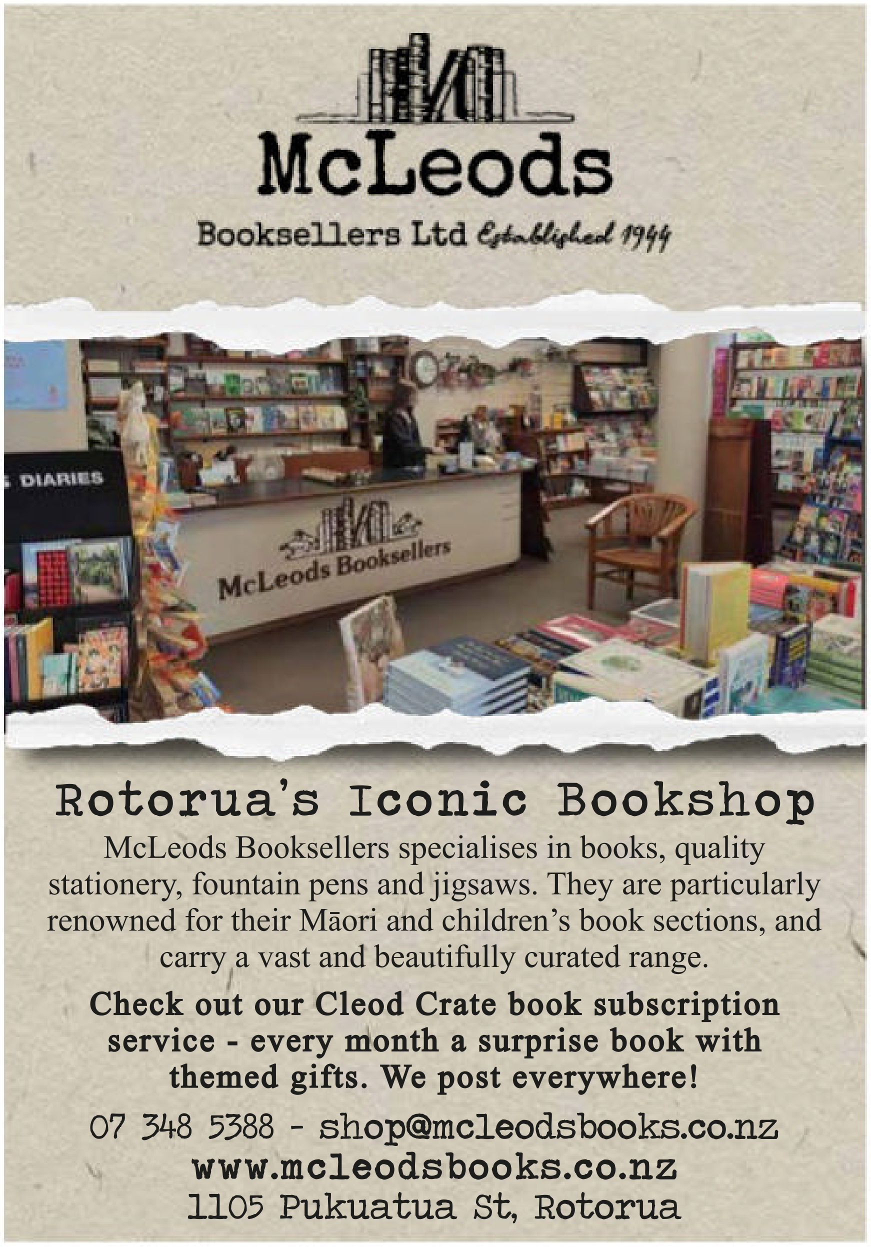
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A true original

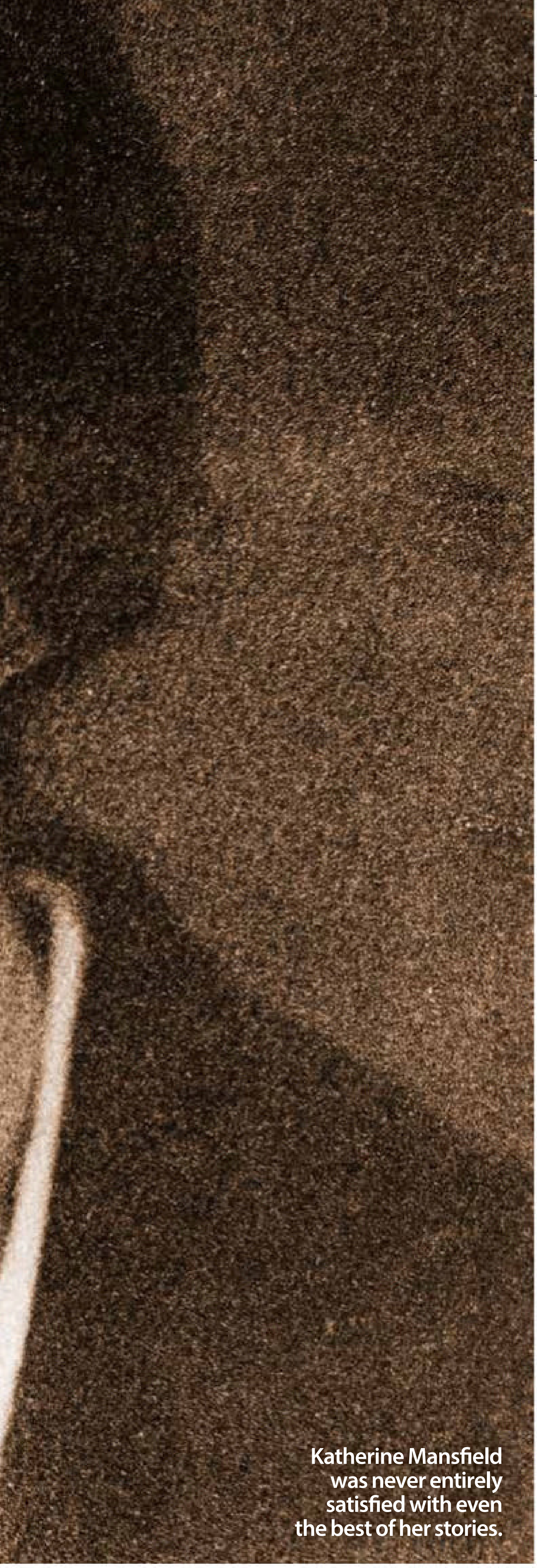
An enthusiastic delve into 10 of Katherine Mansfield's stories and her life when writing them underlines a tragic loss to literature. **by CK STEAD**

ALL SORTS OF LIVES: Katherine Mansfield and the art of risking everything, *by Claire Harman (Chatto & Windus, $37)*

This is a vividly written, enthusiastic account of Katherine Mansfield's life and work, taking, chronologically, 10 of her short stories and her life around the time each was written.

It analyses well what it was that made her fiction "modernist", how fresh and, above all, original it was in its time, and how much a writer like Virginia Woolf owed to it. In addition to Woolf, it puts Mansfield into the company, and the literary context, of her other major contemporaries: TS Eliot, James Joyce, DH Lawrence and Bertrand Russell. What it makes clear, not for the first time but in painful detail, is what a loss to literature in English her death in 1923 was, and how close she came to writing fiction that would have confirmed the enormous talent revealed in her letters and journals.

Mansfield was never entirely satisfied with even the best of her stories. She felt she was always on the brink of something better – and I think she was. Harman, on the other hand, is one of those "Mansfield can do no wrong" critics, whose



Katherine Mansfield was never entirely satisfied with even the best of her stories.

enthusiasms are slightly suspect because they are so seldom qualified by doubts or reservations.

She is, for example, uncomprehending of Woolf reading the story “Bliss” and throwing it down saying, “She’s done for.” Harman is accurate in her analysis of how that story works, how it moves in and out of Bertha’s consciousness while keeping a safe distance and avoiding total emotional identification.

Harman almost allows herself to understand John Middleton Murry when he worries about the elements of gush and especially caricature in the story, which conflict with its psychological realism.

This would explain Woolf’s response; but then Harman slides past all that and back into breathless affirmation. And like many critics of that story, she doesn’t even notice that Bertha arrives with ripe pears and grapes in the morning and that by evening of the same day the pear tree is in “fullest, richest bloom”. This is enthusiastic but careless reading.

Harman, an award-winning biographer of Sylvia Townsend Warner and Charlotte Brontë among others, is very good at the ever-shifting subtleties of what Mansfield and Woolf felt and thought about one another’s work. This includes their very different olfactory responses (Woolf reacted snobbishly to Mansfield’s scent, and Mansfield thought the Woolfs were “smelly”) and the serious, careful, analytical things they wrote about one another in diaries and letters.

Mansfield did not like Woolf’s novel *Night and Day* and said so in a review. She thought the 1919 novel evaded the realities of the changed world that war had brought about. But the new work that followed from Woolf at that time was a radical alteration of style, almost certainly strongly influenced by Mansfield’s writing.

“We have got the same job, Virginia,” Mansfield wrote after one of their meetings. As writers, she went on, “We are both after very nearly the same thing.” When Woolf heard that Mansfield had died, she wrote that Mansfield’s was the only writing she had ever been jealous of.

In a journal entry written many years after the event, Woolf remembered an occasion when she had pulled out a typescript of Joyce’s *Ulysses* which her own Hogarth Press had rejected because of its obscenities. Mansfield began to read it in a voice that derided it, and then pulled herself up short saying, “’But there’s something in this” – a moment, Woolf went on, “that should figure in the history of literature”.

In a review of Harman’s book in the *Times Literary Supplement,* Kirsty Gunn writes: “The biographies of [Antony] Alpers and Claire Tomalin figure in the introduction but a range of scholars, from whose ground-breaking work Harman has clearly drawn, are invisible.”

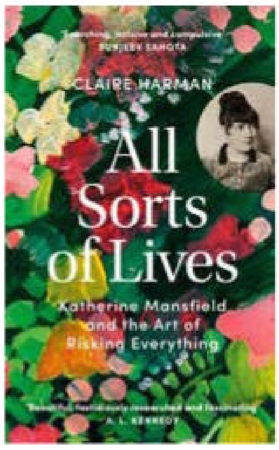
And one can add that if they are not all invisible, they are often buried in an almost impenetrable system of referencing. Harman ends her chapter on “Prelude” by recounting how Mansfield’s father, having been sent a copy of one of his daughter’s stories published as a small book, told someone, “I chucked the thing behind the fireplace. It wasn’t even funny.”

Only someone with a very comprehensive Mansfield library will be able to trace this “quotation” to its source and recognise that, though it’s not impossible that he did say such a thing, there are no sound grounds for believing he did. It’s just a ringing (feminist?) way of disposing of the “Pa-man” and ending a chapter at his expense.

Harman’s discussion of the fraught relations between Mansfield and her friend from schooldays, Ida Baker, demonstrates very well both Mansfield’s robust exploitation of Baker’s emotional dependence, and how brilliantly funny she often was in describing their dealings with one another. But the account doesn’t do justice to Baker, who always found employment, often manual work, to keep herself afloat. Mansfield, meanwhile, had the Pa-man always at her back, supporting her “needs”, which were those of middle-class refinement. Yes, Mansfield was brilliant, a marvel and her suffering as her health declined was appalling and pitiful. She was courageous in the face of death, but she was also a brute. Harman makes the “poor dear” who receives an unexpected hug at the end of the story “Psychology” an Ida Baker figure in a tone that suggests this is a thought that has just come to her out of the air, unassisted.

After the death of her brother in the war, Mansfield, writing to a friend, said the dying soldier had named her in what was virtually his last breath: “Lift my head, Katie. I can’t breathe.”

The account given by the only person present at this death had indeed reported, “Lift my head. I can’t breathe.” But the “Katie” was her not-untypical invention: she had written herself into the death scene. Did Harman not know that this wishful little fib had been exposed; or did she know, and prefer Mansfield’s version because it made a more touching story? I suspect the latter. ▮



A BOOK I LOVE

Caroline Barron

THE SECRET HISTORY, *by Donna Tartt*
In the words of UK writer Neil Gaiman, picking a favourite book is like picking the body part you'd most like not to lose. If I had to give up a part of me for each book that resides rent-free in my soul, I'd long be vanished. Instead, I'll narrow it down to fiction, and choose the one I've read, loaned and re-bought the most times: Donna Tartt's *The Secret History*.

It's the seminal American campus novel, a literary whydunnit, rather than a whodunnit – you know up front that Bunny's dead. It's narrated by outsider Richard Papen, who recounts his years at an elite New England college. He joins an exclusive group studying under classics professor Julian Morrow. The novel reveals Bunny's demise and examines the moral boundaries the friends crossed that changed their lives forever.

Like most favourite books, it's the reader's autobiography as well that steeps it in a special nostalgic brew. I first read *The Secret History* in 1994 as an 18-year-old communications student at Auckland Institute of Technology. Richard's Hampden College experience was everything my friends and I wanted ours to be. We yearned for the beautiful terror of a Dionysian bacchanal in the woods. And where the hell was our Julian-style teacher to initiate us into a secret gang?

What's more, Tartt was mysteriously cool – she hung with literary bad boy Bret Easton Ellis, only wore tailored suits and rarely gave interviews. Every year, I reread *The Secret History* and feel my way back into that coming-of-age period of life. ▮

Barron's novel Golden Days *(Affirm Press, $37.99) is published on February 28.*

After she's gone

A deceased Scottish mother and wife tries to figure out why she can't rest in peace.

by **BRIGID FEEHAN**

A COUNTRY OF ETERNAL LIGHT, *by Paul Dalgarno (4th Estate, $34.99)*
"I'm in thrall to stories I've already lived through, the main difference being that I can see myself from the outside, and inside ..." So says the protagonist Margaret Bryce in Paul Dalgarno's occasionally bewildering but always engaging *A Country of Eternal Light*.

Margaret's stories go back and forth in time and place. In no particular order, we hear about her early youth in Aberdeen in the 1950s, the 1988 Piper Alpha oil rig disaster, the birth of her twin daughters, illnesses, fears and fascinations and her Covid-era visits to her children as adults in Madrid and Melbourne. Mother, dog lover, book lover, hard worker, good friend and wife of the seemingly disappointing Henry, Margaret is also dead.

Dead narrators seem to be having a moment – see Jacqueline Bublitz and

Paul Dalgarno: empathetic, engaging , humorous tale.

Booker-winning Shehan Karunatilaka. As is usually the case, it is Margaret's unfinished business that has made her an unquiet spirit since her death in 2014. Not that she knows, for most of the novel, what that unfinished business is. "Is there a reason for all these reruns?" she wonders, as do we.

Dalgarno makes the most of Margaret's incorporeal status by including lots of her quirky "bodiless" humour: "I do miss it, the flesh – take issue with my lack of soft tissue." But it's his authorial habitation of Margaret's changing, living body that stands out with its empathy and often visceral detail. From a young woman with shapely legs, fashionable haircuts and trim arms, through pregnancy and a fit, if tooth-loosened, middle age to the cancer-wrecked swollen abdomen and legs of her last months, Margaret, dead or alive, totally convinces.

Dalgarno is a Scottish expat journalist living in Melbourne and this is his second novel. The book is vividly and politically Scottish. Margaret learns to appreciate only as an adult the local language, "Doric", which was devalued when she was a child so as to boost her "Englishness". Then there's her excitement about the referendum on Scottish independence and the cold, austere "Gramps" (Grampians) where she loves to walk her dog.

The forays Margaret makes are also well realised: the "perfect posture" of the mountain ash trees in a Melbourne park, the people cheering from their balconies in Madrid during the pandemic.

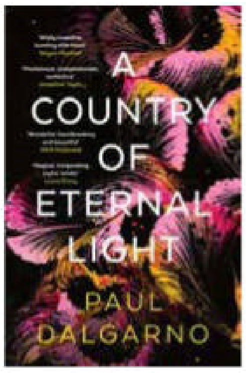
It is Margaret's unfinished business that has made her an unquiet spirit since her death in 2014.

The relationship between her twins, Eva and Rachel, is at the heart of the book. Eva is bookish, anxious and was an easy child. Rachel eventually finds happiness and starts a family with an Australian woman, but she was wild, causing Margaret decades of heartache.

Although they were close as children, the two sisters are now effectively estranged and this seems like a possible reason for Margaret's uneasy un-death. Can the rift be healed?

Mary Shelley's *Frankenstein* comes up a lot: all three women talk about it, read it or watch the movie at various stages. Eva insists on explaining her theory about the novel's import – that it's about an imaginary friend conjured up to console bitter loneliness – when Margaret is practically on her deathbed. Margaret listens, or pretends to.

You wonder why Margaret is telling us about Eva's literary theory. But the discussion is key to the final twist and to the reason Margaret cannot rest in peace. I didn't see the end coming but, looking back, it made sense. Moving and quite lovely. ▮



BESTSELLERS

STRAIGHT UP
Ruby Tui

TOP 10 NON-FICTION

1. **SPARE**, by Prince Harry, Duke of Sussex (Bantam Books)
Memories of a royal, spurned
2. **ATOMIC HABITS**, by James Clear (Random House)
Building good habits, breaking bad 'uns
3. **STRAIGHT UP**, by Ruby Tui (Allen & Unwin)
Rugby star's life story
4. **8 RULES OF LOVE**, by Jay Shetty (Thorsons)
Romance, distilled
5. **WAWATA**, by Hinemoa Elder (Penguin)
Lunar life lessons
6. **THE SUBTLE ART OF NOT GIVING A F*CK**, by Mark Manson (Macmillan)
Learning to live with it
7. **AROHA**, by Hinemoa Elder (Penguin)
Wisdom of Māori proverbs
8. **JUST ONE THING**, by Dr Michael Mosley (Hachette)
Tiny changes, big health gains
9. **I'M GLAD MY MOM DIED**, by Jennette McCurdy (Simon & Schuster)
Former child actor's memoir
10. **THE BOOKSELLER AT THE END OF THE WORLD**, by Ruth Shaw (Allen & Unwin)
Life tales from the deep south

(Bestsellers for week ending February 4)

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Straight & narrow

A meander down an extinct Roman road uncovers fascinating stories from the past.

Enduring ways: A lane that follows part of the ancient London to Chichester Roman road.

GETTY IMAGES

by **NEVIL GIBSON**

THE ROAD: The story of Romans and ways to the past, *by Christopher Hadley (HarperCollins, $37.99)*

It is no stretch of fact or the imagination to say that Romans conquered ancient Britain by road. Their road-building is unique in archaeological history, writes Christopher Hadley, author of *Hollow Places*, a book acclaimed for its imaginative re-creation of 1000 years of history based on the tomb of a reputed dragon slayer.

The Road uses the same formula to bring alive the past through "field walking" 23km on a now-extinct road from Braughing in East Hertfordshire to Great Chesterford in Essex. It is RR21b in the Margary numbering system of Roman roads.

The Romans began their conquest of what they called Britannia at the beginning of the Christian era and left 400 years later as the Roman Empire crumbled. They left a roading network of some 16,000km that covered most corners of England, Scotland and Wales.

Hadley's claim of archaeological uniqueness is that the roads were built to a standard not matched for nearly two millennia and are still in use today.

Historians, both professional and amateur, have turned the study of Roman roads into a minor industry over several centuries, resulting in detailed maps and accounts. The roads themselves started disappearing in the 8th and 9th centuries due to lack of maintenance, land use changes and boundary disputes. But some remain part of Britain's national roading network.

The main characteristic of a Roman road is straightness, which is politically associated with the need for order and control. But Hadley defends this, saying they don't have to be seen as "an act of vandalism and brutality". Their main purpose was to provide a quick means of access for Rome's military machine. As the Roman writer Vegetius put it: "Speed in war is more important than courage."

> **The main purpose of their roads was to provide a quick means of access for Rome's military machine.**

How the Romans achieved this remains a mystery, given their limited use of surveying, but not so their construction. Greek writer Plutarch said the roads "were to run perfectly straight through the countryside, with a surface of quarried stone firmly bedded in compressed sand".

This required filling in depressions, draining ditches, diverting streams and felling trees. The roads also had cambered embankments, a gravel depth of 50cm and drains on both sides for runoff.

But these dry facts are not the reason for reading Hadley's lyrical descriptions of what remains of RR21b, which is "overloaded with clues, contradictions, correlations and cockamamie", as it heads through the countryside.

These observations take him on fascinating tangents, ranging from the mythical exploits of the warrior queen Boudica to the impact of Roman coinage, the most common artefact still found today.

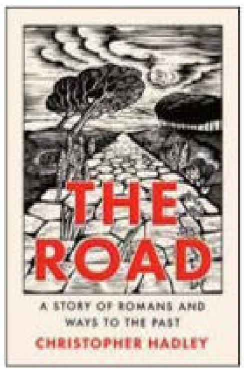
"The dating of the Claudian invasion of Britain was based largely on the discovery of a single coin," Hadley writes. This is due to modern techniques that can identify where and when coins and pottery were made.

Modern digital technology, developed from aerial reconnaissance, is also used to identify far more than what can be seen on the surface or uncovered by diggings. Google Earth and LiDAR (light detection and ranging) 3D mapping reveals walls, earthworks and roads, as software peels away grassland, crops, trees and surface soil.

This makes the discovery of Richard III's grave in 2012 less of a fluke and more the outcome of modern scientific tools.

The Road is a journey through the past that is recommended mainly to those interested in this particular side lane of British history.

But Hadley's style and use of poetry, prose and myths indicate a new path for historical explanation. ▮



Going to extremes

An analysis of the work of the “alt-right” in NZ makes for sober reading.

Tributes to the victims of the 2019 Christchurch mosque shootings. Below, Byron Clark.

by **MARK FRYER**

FEAR: New Zealand’s hostile underworld of extremists, *by Byron C Clark (HarperCollins, $39.99)*

There was a time when you’d find one in just about any public bar – a lone figure, always ready to treat a passing stranger to a monologue on the United Nations’ secret plan for world government, the international Jewish conspiracy, bloody feminists, fluoridation, Māori getting too big for their boots ...

Thanks to the wonders of the internet, we can now enjoy the same rich vein of opinion without leaving the comfort of home. Social media has allowed formerly solitary misanthropes to contact like-minded souls, gather “evidence” to reinforce their beliefs, recruit followers and generally make themselves appear more numerous and more representative of the wider population than they really are.

This book is mostly a catalogue of such individuals and groups in New Zealand, occupying what can be loosely described as the “alt-right” end of the political spectrum.

Based on his monitoring of online and real-world activity and personal exchanges, Christchurch-based researcher Byron Clark runs through a list of causes and organisations, describing their historical roots and showing how they spread the word.

And they’re certainly a mixed bunch: there are believers in the “great replacement” – the secret plan to replace white populations with non-whites – some who blame everything on a cabal of highly placed Satan-worshippers, anti-feminists, religious extremists, anti-vaxxers and “sovereign citizens” who really do appear to believe that the law doesn’t apply to them if they just say it doesn’t.

What they share is an opposition to the status quo, a readiness to deny any “official” version of events, a belief that they – and they alone – know the real facts and a willingness to at least threaten the use of violence.

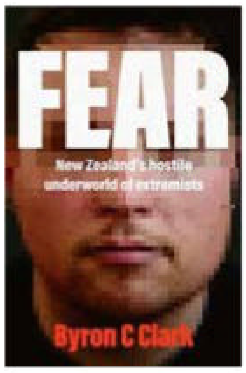
This will all be a bit depressing for anyone who believes New Zealand is different and that Kiwis are too down-to-earth to get sucked in by some nonsense from overseas. That view, it seems, is now wishful thinking. In the case of the QAnon conspiracy – that’s the one about the world being ruled by Satan-loving, child-molesting, blood-drinking cannibals – Clark cites some evidence that online activity relating to these ideas is relatively high in this country. He notes that references to the mysterious “Q” were regularly seen at anti-lockdown rallies.

One response would be to laugh it off. And the alt-righters do make mockery easy – all that overblown rhetoric, self-important posturing and the gaping voids where logic should be. But tempting as laughter is, the Christchurch mosque attacks and the occupation of Parliament’s grounds have shown that what seems like just a bit of misguided ranting can have tragic, real-world consequences.

And beyond what you might call the blatantly obvious extremist community, what’s disturbing is the way in which such views have influenced more established and apparently legitimate causes and organisations. For example, Clark shows how extreme groups have cultivated an influence over some religious communities. Some have latched on to protests by unhappy farmers, using them as a platform to deliver extreme messages.

While the reaction to Covid-19 restrictions, and ultimately the Wellington occupation, are the central events in this book, it’s clear that for many extremists the pandemic wasn’t so much the cause as the opportunity. It was something they could use as a way of spreading already existing views. Whether online extremism fades with the pandemic or moves on to some new cause remains to be seen.

What also remains to be seen is what can be done about any of this. While Clark has done his bit to raise awareness, the best way of fighting back is not so obvious. ▮



GETTY IMAGES

The mother load

An estranged artist returns home to face frayed relationships and childhood trauma.

MARCUS HOBSON

IS MOTHER DEAD, *by Vigdis Hjorth (Verso Books, $35)*

Norwegian author Vigdis Hjorth is a master of portraying dysfunctional families. They pervade the pages of a number of her novels. In the bestselling *Will and Testament*, a family are torn apart by the gifting of island holiday homes to the two youngest siblings while the eldest are estranged and ultimately not believed when they recall childhood horrors.

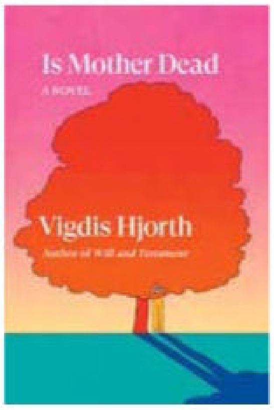
The thrust of Hjorth's latest novel is perfectly summed up in one of several blunt one-line chapters. "If we knew, if we understood when we were young how crucial childhood is, no one would ever dare have children."

Our narrator is Johanna, a middle-aged artist who returns to live in Oslo where a gallery is preparing a retrospective of her paintings. She has lived in the US for 30 years, not even returning home to visit her dying father or attend his funeral. Having abandoned her legal career and lawyer husband to run away with an art teacher, she later wrote to her parents trying to explain her decisions.

She describes the reply she received like this: "They wrote as if I were a child and they my guardians. They reeled off what it had cost them financially and emotionally to bring me up, I owed them quite a lot. They meant, I understood, that I was literally indebted to them. They seriously believed that I would give up my love and my work because they had paid for tennis lessons when I was a teenager."

Johanna's estrangement was made worse some years earlier by the exhibition of her paintings *Child and Mother 1* and 2. Her red-haired mother read too much into the red-haired parent depicted in them, and spent months hiding from her neighbours, afraid of what they would infer. Hjorth's measured skill means the exact content is only ever inside our own heads.

So the scene is set for Johanna to attempt some kind of reconciliation with her mother. She also has to bypass her younger sister, Ruth. The past is gradually unwrapped, childhoods are relived, and all the trauma is laid bare. What makes this so delicious is the way we shift between empathising with the narrator and her beliefs and ultimately wondering if she is actually the problem.



The clever use of location and season help mask behaviour that is at times both believable and irrational. The observations about family and motherhood are chillingly accurate, as well as something most would never dare to voice. Johanna stalks her mother, spying on her apartment, following her when she goes out, even searching her rubbish bins. Everything descends into

Vigdis Hjorth: a master at portraying dysfunctional families.

a disturbing one-sided narrative, "I have a secret life in Mum's mind and Mum lives a secret one in mine, but I'm in the process of unearthing her from the darkness, dragging her out into the light, and slowly she emerges because I want it to happen."

Johanna's departure left Ruth as their mother's sole carer. She visits her regularly, and is now trying to prevent any kind of reconciliation. The reality is that none of the characters speak to each other and Johanna describes this perfectly when she says, "I invent Ruth, that's what's so frightening, and Ruth invents me, and we both invent Mum."

The format of mostly two- or three-page chapters, only once or twice reaching seven sides and often no more than a sentence or two, allows the insular narrative to move along at pace. The reader never has time to stand still. As the emotional recollections progress, they are perfectly drawn scenes of turmoil and injury. ▮

Poetry

Grizzly, adj.

by Jake Arthur

Where was the bear
when he was named *grizzly*?
Not at a seat around the table.
Not with a marker at the whiteboard.

Collins, Webster and Merriam, Sir Oxford,
they were there, wouldn't miss the chance
to swivel chairs and biscuits in their saucers.

The bear, he was elsewhere,
at home in Saskatchewan
watching the salmon in the river,
silver leaves of a flooded bush
waving with the water –
hungry, yes, and pensive
in the luxury of knowing where
his next meal is coming from
but in not eating it just yet.

The bear will use his paws to crush the fish
pink, raw and brineless, and carry them
into his hot muzzle, which, it's true,
has white hairs in it – is grizzled – but he's not
in a grizzle, far from it, life is bearable, is beary.

(from **A LACK OF GOOD SONS**, *Te Herenga Waka University Press)*

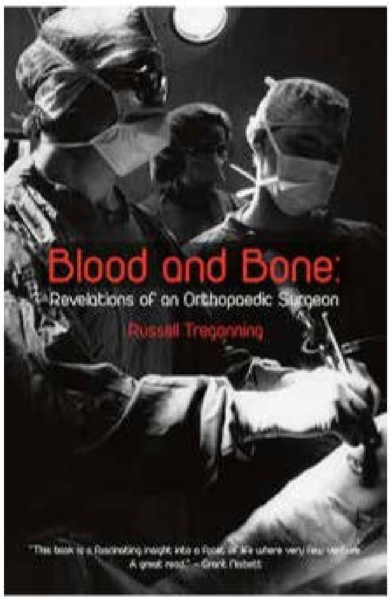
Post-op revelations

Make no bones about it, this book of surgeon's tales isn't for the squeamish.

CHRIS MOORE

BLOOD AND BONE: Revelations of an orthopaedic surgeon, *by Russell Tregonning (Atuanui Press, $40)*

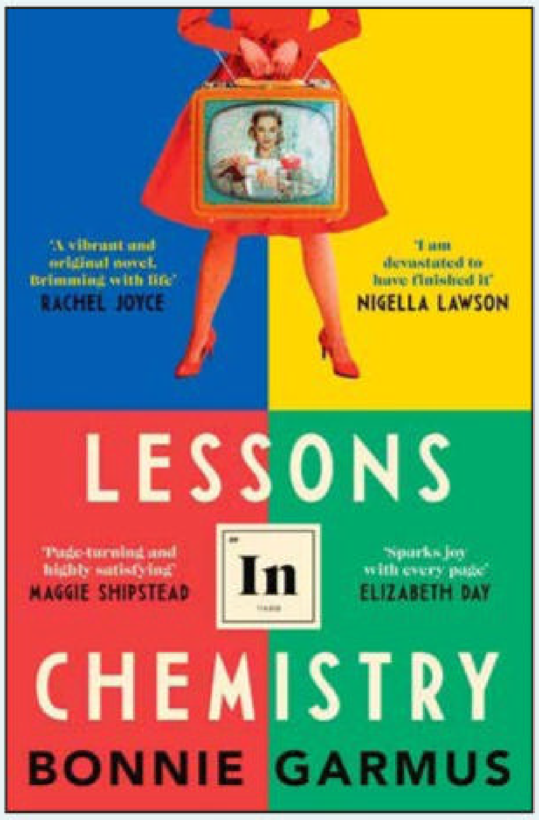
It's not quite clear who the target audience for Russell Tregonning's detailed account of his 50-year medical career might be, but if reality TV is any gauge, the public taste for medical docudramas is insatiable. As one of the country's leading orthopaedic surgeons, he earned international recognition for his work in the field of knee injuries and knee-replacement surgery. In a sporting nation like ours, his skills were clearly in demand.


Blood and Bone:
Revelations of an Orthopaedic Surgeon
Russell Tregonning
"This book is a fascinating insight into a facet of life where very few venture. A great read." – Grant Nisbett

But what does a surgeon do after laying down his scalpel? In Tregonning's case, write a wry-humoured, forthright and illuminative account of life inside and out of the operating theatre. It's not a book for the squeamish – some of the colour illustrations are graphic – but one that casts much-needed light on the human realities of a surgeon's work.

If only the waiting lists for knee replacements were shorter. ▮

BESTSELLERS


'A vibrant and original novel. Brimming with life' RACHEL JOYCE
'I am devastated to have finished it' NIGELLA LAWSON
LESSONS In CHEMISTRY
'Page-turning and highly satisfying' MAGGIE SHIPSTEAD
'Sparks joy with every page' ELIZABETH DAY
BONNIE GARMUS

TOP 5 FICTION

1. **IT ENDS WITH US**, *by Colleen Hoover (Simon & Schuster)*
   Lily and Ryle, and Atlas
2. **IT STARTS WITH US**, *by Colleen Hoover (Simon & Schuster)*
   Atlas' side of the story
3. **THE ITALIAN DAUGHTER**, *by Soraya Lane (Sphere)*
   Romance among the vines
4. **VERITY**, *by Colleen Hoover (Sphere)*
   Ghostwriting thriller
5. **LESSONS IN CHEMISTRY**, *by Bonnie Garmus (Doubleday)*
   Sixties-set feminist charmer

TOP 5 NZ FICTION

1. **KĀWAI**, *by Monty Soutar (David Bateman)*
   Epic tale in pre-colonial Aotearoa
2. **THE AXEMAN'S CARNIVAL**, *by Catherine Chidgey (THWUP)*
   Human drama, with talking magpie
3. **POOR PEOPLE WITH MONEY**, *by Dominic Hoey (Penguin)*
   Pacy tale from the wrong side of the tracks
4. **HOW TO LOITER IN A TURF WAR**, *by Coco Solid (Penguin)*
   Three friends go on urban journey
5. **EDDY, EDDY**, *by Kate De Goldi (Allen & Unwin)*
   Sweet teen deals with stuff

(Bestsellers for week ending February 4)

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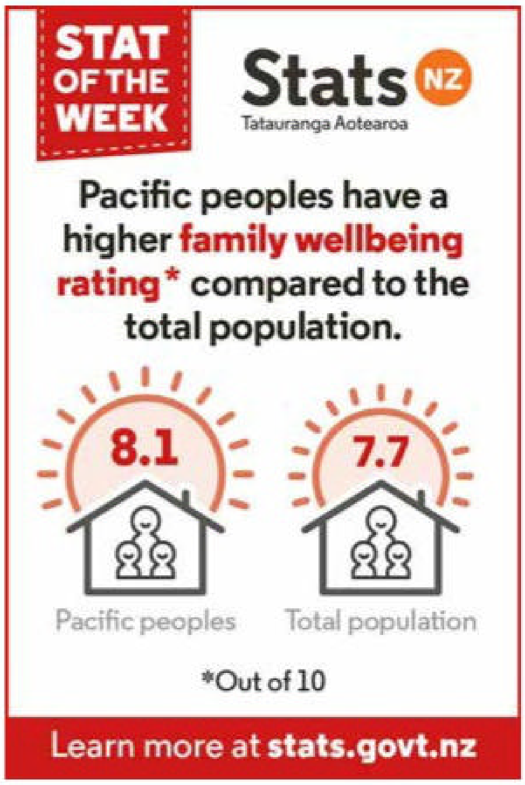
STAT OF THE WEEK
Stats NZ Tatauranga Aotearoa
Pacific peoples have a higher family wellbeing rating* compared to the total population.

*Out of 10
Learn more at stats.govt.nz

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BRIDGE by David Bird

NORTH
♠ 4
♥ K Q J 6
♦ K Q 5 4 2
♣ 10 7 2

WEST
♠ A 5
♥ 5
♦ 10 9 6 3
♣ K Q J 9 8 4

EAST
♠ Q J 10 9 8 3
♥ 10 8 7 3
♦ J 8
♣ 5

SOUTH
♠ K 7 6 2
♥ A 9 4 2
♦ A 7
♣ A 6 3

North-South game, dealer South

West	North	East	South
—	—	—	1H
2C	3S	Pass	4H
All Pass			

North's leap to 3S was a splinter bid, showing a sound raise to game in hearts with at most one card in spades. Although South held three aces, he was not interested in a slam. He held only four hearts and the spade king was likely to be wasted opposite the singleton. How would you play the heart game when West leads the king of clubs? You win immediately with the ace, otherwise you will suffer two club ruffs. East, if anyone, is likely to hold four trumps and it may seem natural to play the king and queen of trumps on the first two rounds. If you do that, you will go down! You will have to ruff the third round of diamonds, to establish the suit, and the trump suit will then be blocked. The winning line is to cash the ace and king of trumps. You then play the ace and king of diamonds and lead a low diamond on the third round. What can East do? If he ruffs with the eight, you will overruff with the nine, draw trumps and claim the contract. If he fails to ruff, you will ruff in the South hand, again drawing trumps and claiming. East's final option is to ruff high, with the ten. However, you will then discard one of your club losers. You can draw trumps when you regain the lead and will eventually be able to score your last two trumps separately, again making ten tricks.

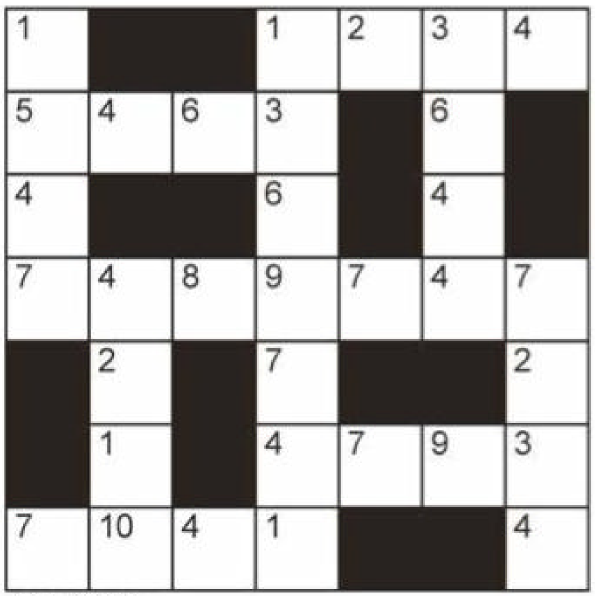
BIDDING QUIZ

WEST
♠ A 10 7 6
♥ J 4
♦ Q 10
♣ K Q 10 7 6

West	North	East	South
—	1D	1H	2D
?			

What action will you take on the West cards? (Answer on page 58.)

TAKE 5
by Simon Shuker



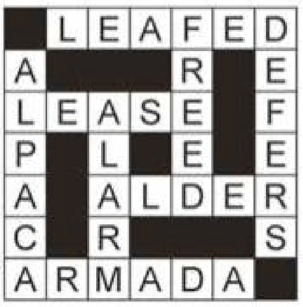
1	■	■	1	2	3	4
5	4	6	3	■	6	■
4	■	■	6	■	4	■
7	4	8	9	7	4	7
■	2	■	7	■	■	2
■	1	■	4	7	9	3
7	10	4	1	■	■	4

No.1452

Enter the letter given, then solve.

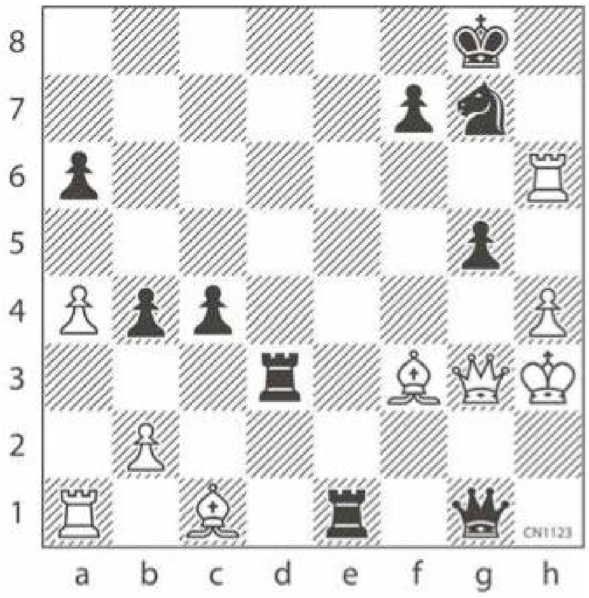
8 = C

Solution 1451



■	L	E	A	F	E	D
A	■	■	■	R	■	E
L	E	A	S	E	■	F
P	■	L	■	E	■	E
A	■	A	L	D	E	R
C	■	R	■	■	■	S
A	R	M	A	D	A	■

BARDEN'S CHESS PROBLEMS



Andrey Esipenko v Shak Mamedyarov, Nutcracker Moscow, 2017
Black to move and win. The 15-year-old Esipenko was crushed here by the world No2. Can you spot Mamedyarov's winner? (Answer on page 58.)

QUIZWORD by Alan Shuker

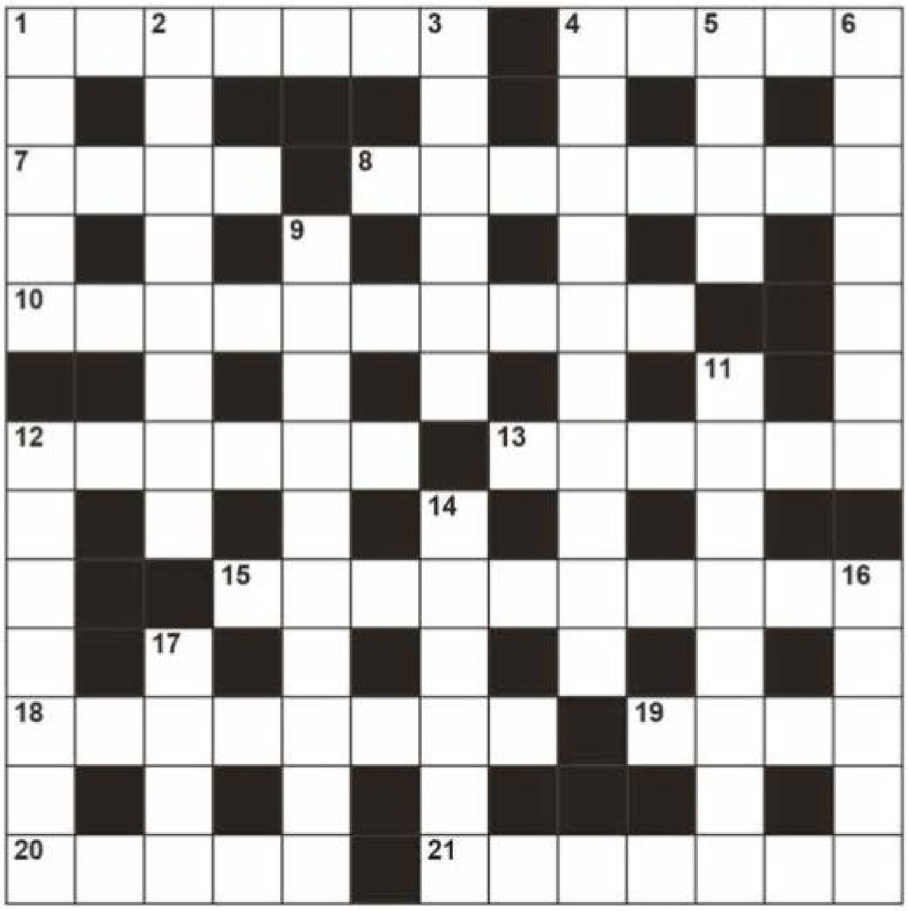
Puzzle No 1688

Clues across

1. What is the floating wreckage of a ship? (7)
4. Singapore shares a time zone with which major Australian city? (5)
7. What is a kiln for drying hops? (4)
8. The beluga variety of what fish is critically endangered due to exploitation for caviar? (8)
10. Rhodes is the largest of which group of islands in the Aegean Sea? (10)
12. What wire device is worn to straighten teeth? (6)
13. What is a vertical array of numbers? (6)
15. What is someone who promotes brands or services to their social media followers? (10)
18. In the English Civil War, what was a supporter of King Charles I known as? (8)
19. In the *Bible*, who is murdered by Cain? (4)
20. How might a displeasingly thin, metallic sound be described? (5)
21. What is the business of CF Stead, suppliers of leather to Doc Martens? (7)

Clues down

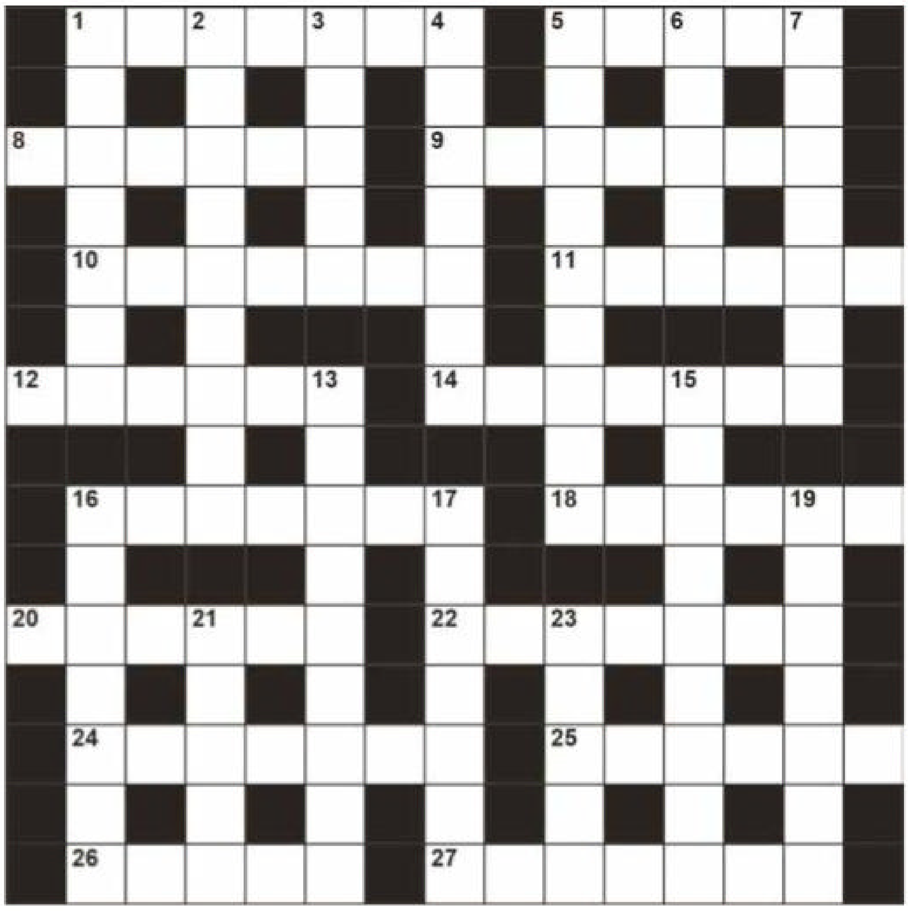
1. What is the compound leaf of a fern or palm? (5)
2. Dating from around 6000BC, the earliest manufactured mirrors were made from what polished stone? (8)
3. What is open rebellion by a group refusing to accept authority? (6)
4. In 2017, costing about $30 to replace a $38,000 part, the US Navy began using Xbox 360 video game consoles to operate what on its nuclear-powered submarines? (10)
5. What is the basic monetary unit of Cambodia? (4)
6. What old guessing game involves using pencil and paper to draw a scaffold? (7)
9. What is a written work for a film, including dialogue and camera instructions? (10)
11. Which spoon's name was coined by Edward Lear in *The Owl and the Pussy-cat*? (8)
12. Made with beetroot, what soup is usually served with sour cream? (7)
14. Played by Ronnie Barker on television from 1976 to 1985, what is grocer Arkwright's first name? (6)
16. In tennis, what is a sequence of several successive strokes? (5)
17. What river flows through Christchurch? (4)



Solution 1687 Across: 1 Hyde Park, 7 Black, 8 Saxophone, 9 Owl, 10 York, 11/13 Willie Nelson, 14 Ang Lee, 17 Podium, 18 Scud, 20 RNA, 22 Tennessee, 23 Tahoe, 24 Necrosis. **Down:** 1 Husky, 2 Dextral, 3 Pipi, 4 Rookie, 5 Canoe, 6 Ukulele, 7 Beeline, 12 Cordite, 13 Narrate, 15 Locusts, 16 Quince, 17 Pathé, 19 Duets, 21 Lear.

CROSSWORD by David Tossman

Puzzle No 1320



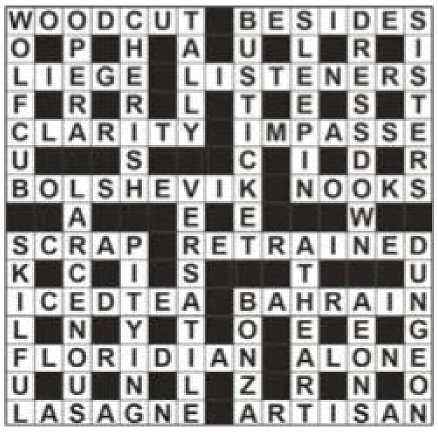
Clues across

1. Stiff, craved a fluid (7)
5. On the move though trapped in cast-iron (5)
8. Agree to defraud mongrel (6)
9. Presented with non-professional scepticism, I hear (4,3)
10. Horsey characters perversely admitted one in stockings (7)
11. Run back into place to start driving for a hold on the situation (6)
12. Line up to see commercial before fair (6)
14. These newspapers are lackadaisical at heart with falsehoods (7)
16. Bad bad portent in the belly (7)
18. New intake gets the palm (6)
20. Her cue has to be rewritten. Get cards (6)
22. An old hand, never at fault (7)
24. Isn't all arranged to be set in place? Indeed (7)
25. You get that dry feeling having lost bearing at this age (6)
26. This lad, English, died unexpectedly (5)
27. Hacked off one day when disturbed about the beginning of November (7)

Clues down

1. Protected from the cold in a fashion (7)
2. Father goes around church at Blackball for a little dog (9)
3. French novelist never wrong (5)
4. The hen did what hens do again and passed on (7)
5. Hit it back randomly being rather stupid (1,3,5)
6. Spine shown by Norse god to National leader (5)
7. Tax forms that should make many happy on their birthdays (7)
13. Moderate surliness perhaps before tea is cooked (9)
15. Nice tiny structure is about right for the central business district (5,4)
16. A coach I have is insulting (7)
17. A long short story turned up: entirely English from German (7)
19. Fired for bad editing (7)
21. Do she organised was washed out (5)
23. It gets back up against a light brown heavyweight (5)

Solution No 1319



W	O	O	D	C	U	T	■	B	E	S	I	D	E	S
O	■	P	■	H	■	A	■	U	■	L	■	R	■	I
L	I	E	G	E	■	L	I	S	T	E	N	E	R	S
F	■	R	■	R	■	L	■	T	■	E	■	S	■	T
C	L	A	R	I	T	Y	■	I	M	P	A	S	S	E
U	■	■	■	S	■	■	■	C	■	I	■	D	■	R
B	O	L	S	H	E	V	I	K	■	N	O	O	K	S
■	■	A	■	■	■	E	■	E	■	■	■	W	■	■
S	C	R	A	P	■	R	E	T	R	A	I	N	E	D
K	■	C	■	I	■	S	■	■	■	T	■	■	■	U
I	C	E	D	T	E	A	■	B	A	H	R	A	I	N
L	■	N	■	Y	■	T	■	O	■	E	■	E	■	G
F	L	O	R	I	D	I	A	N	■	A	L	O	N	E
U	■	U	■	N	■	L	■	Z	■	R	■	N	■	O
L	A	S	A	G	N	E	■	A	R	T	I	S	A	N

su|do|ku

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

3		1	8					
				5	9			
	6					8	9	
					8	4		1
	3						6	
7		9	1					
	1	4					2	
			3	7				
					6	5		8

865 MEDIUM

LAST WEEK'S SOLUTION

4	5	8	3	2	1	7	6	9
7	3	6	5	8	9	1	2	4
9	2	1	6	7	4	5	8	3
8	4	9	2	1	6	3	5	7
5	6	2	4	3	7	9	1	8
3	1	7	8	9	5	2	4	6
1	8	5	9	6	3	4	7	2
2	9	4	7	5	8	6	3	1
6	7	3	1	4	2	8	9	5

				3	1			
	7						8	
	1	5				7		2
				6				8
		1	5		3	4		
5				8				
3		8				6	7	
	6						9	
			4	7				

676 HARD

LAST WEEK'S SOLUTION

5	2	7	6	1	8	4	3	9
9	1	6	7	3	4	2	5	8
3	4	8	5	2	9	6	7	1
2	3	9	8	7	6	5	1	4
7	8	4	1	5	2	3	9	6
1	6	5	4	9	3	8	2	7
4	9	1	3	6	5	7	8	2
6	5	2	9	8	7	1	4	3
8	7	3	2	4	1	9	6	5

KAKURO

839

\	12\	22\	\	23\	19\	\	\	\	\	14\	7\
\17			\8			17\	\	\	41\8		
\8			10\11				\	33\6			
\38							\16				\
\	7\	30\20				30\	\11			30\	4\
\14			28\	\7			4\16				
\12				35\	7\25						
\	6\45										11\
\23							18\	\23			
\28					\16			29\	16\14		
\	\	9\16			\	14\22				14\	8\
\	10\11				\38						
\9				\	\12				\4		
\14			\	\	\	\9			\7		

1 Place a number from 1 to 9 in each empty box.
2. The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
3. Numbers may be used only once in each block.

LAST WEEK'S SOLUTION

		7	9			6	1		6	3
1	2	4	7		7	4	5	3	2	1
3	1	6			1	7		9	8	
	3	9	7			8	1	4	3	2
		8	6	4		9	3	8	4	1
3	9	2	8	1	5		2	7	1	
1	4		9	6	7	4	8		7	3
	8	9	5		9	3	6	7	5	8
6	7	8	4	9		1	5	9		
3	6	7	2	8			4	8	9	
	5	6		4	6			4	8	9
2	1	5	9	6	8		7	1	5	6
9	3		7	5			3	2		

BRIDGE BIDDING QUIZ SOLUTION

You are worth a forward move but have no sound bid to make. On a hand of this type, you use a competitive double. This suggests length in the two unbid suits and doubleton support for partner's hearts.
Awards: Dble - 10, 3D - 6, 3H - 4, 3C - 3.

CHESS SOLUTION

1...Rxf3! 2 Qxf3 g4+! 3 Qxg4 Qh1+ 4 Kg3 Rg1+ wins the queen and soon mates.

10 QUICK QUESTIONS ANSWERS

1. The Bechdel test, named after American cartoonist Alison Bechdel. The others are also tests of representation.
2. Surfing, thanks to large waves from a natural oceanic canyon just offshore.
3. US Army.
4. Fifteen.
5. Beryllium.
6. Kathleen Turner.
7. A bird's breastbone.
8. Croatia.
9. True.
10. Kettledrums.

LOGIC PUZZLE PICK A COUNTRY

Four students competed for a maximum possible score of 30 points for their project, each presenting information about a different country:

1. Travis scored 6 points more than Arthur.
2. Regarding Georgia and the person who wrote about Romania, one scored the fewest points while the other scored the most.
3. The project on Latvia scored better than Maria's project.
4. Arthur's project scored 6 points fewer than the project on Germany.

Using these clues and the grid below, can you work out which student wrote about which country and the relevant score?

		STUDENT				COUNTRY			
		Arthur	Georgia	Maria	Travis	Cuba	Germany	Latvia	Romania
MARK	20								
	23								
	26								
	29								
COUNTRY	Cuba								
	Germany								
	Latvia								
	Romania								

You may write your answers in this grid:

STUDENT	COUNTRY	MARK
Arthur		
Georgia		
Maria		
Travis		

CLUELESS CROSSWORD

Each letter of the alphabet is represented by a different number from 1 to 26. Use your knowledge of English to solve the crossword. Some clue letters are given.

7	10	4	16	4	■	■	■	12	7	2	19	D
15	■	9	■	5	19	16	7	R	■	7	■	7
7	9	7	25	19	■	7	■	26	3	16	4	13
3	■	1	■	7	3	9	19	5	■	10	■	19
19	15	19	3	11	■	16	■	11	19	19	3	11
■	21	■	26	■	■	26	■	■	17	■	7	■
■	19	14	20	4	V	26	2	7	13	19	5	■
■	3	■	11	■	■	25	■	■	26	■	26	■
6	19	13	13	23	■	10	■	12	10	7	24	8
19	■	19	■	19	5	4	22	23	■	16	■	7
15	4	24	8	11	■	24	■	3	19	7	5	23
19	■	5	■	19	7	1	10	19	■	11	■	7
10	4	11	13	11	■	■	■	11	21	19	4	8

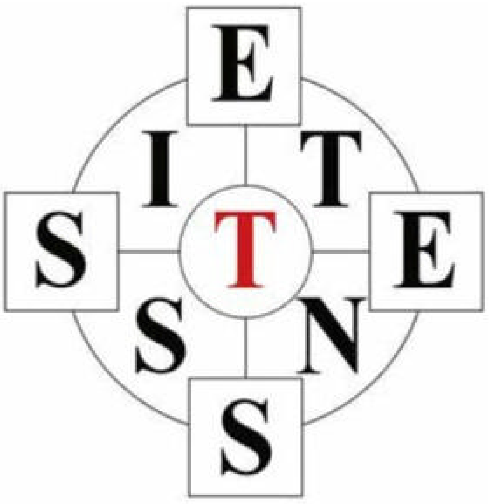
1	2	3	4	5	6	7	8	9	10	11	12	13
		R		D								

14	15	16	17	18	19	20	21	22	23	24	25	26
				V								

A B C D E F G H I J K L M

N O P Q R S T U V W X Y Z

SCATTERWORD



Your aim is to create words of four letters or more using the given letters once only but always including the middle letter. Do not use proper names or plural/verb forms which add only "s".

See if you can find the nine-letter word using up all the letters.

12 GOOD

15 VERY GOOD

18+ EXCELLENT

PERMUTATE TEMPERATE

Your aim is to change the top word one letter at a time, each time rearranging the letters to create a new word. Perform one such permutation for each blank line below until you arrive at the last word. There is usually more than one correct solution. See how many you can find in 15 mins.

W R I T E

_ _ _ _ _

_ _ _ _ _

_ _ _ _ _

_ _ _ _ _

L A N D S

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Last week's solutions. Logic Puzzle: George received 400 votes for a basketball court, Helen received 200 votes for an arts room upgrade, Solomon received 300 votes for library improvements and Tracey received 500 votes for a student cafe. **Scatterword:** BUCKETFUL, buckle, bucket, tubule, fleck, cleft, fluke, flute, beck, cube, belt, blue, lube, tube, clef, clue, cute, felt, flet, left, flue, fuel, lute. 23 words. **Permutate:** ELECT, ERECT, RECTI/TRICE, CRIME, MINER, MINOR **Clueless crossword:**

1	2	3	4	5	6	7	8	9	10	11	12	13
X	I	U	E	M	P	L	Q	Z	R	A	D	K

14	15	16	17	18	19	20	21	22	23	24	25	26
H	V	S	B	T	J	F	N	W	O	Y	G	C

Dance for survival

The Bangarra Dance Theatre crosses the Tasman with a work evoking the struggle of Indigenous rights in Australia. by LINDA HERRICK

SandSong, the epic new work by Australia's mighty Bangarra Dance Theatre, sets the agenda before the dancing even starts.

Behind a group of dancers lying motionless on the stage, a projected image shows a map of the Big Country with "terra nullius" written on it.

"Terra nullius" – no man's land – was a definition Britain used to claim the great southern land in the late 1700s, regardless of the fact it was already populated.

The cold truth about the brutal treatment of those Indigenous people at the hands of the new settlers, and the ensuing entrenched racism, has been slow to emerge, while some still refuse to acknowledge it.

Rachel Perkins' 2008 SBS series *First Australians*, which screened here on Māori TV, offers thorough documentation which is utterly chilling.

As the First Nations' fight to achieve constitutional rights continues, there are so many stories still to be told.

Bangarra (the Wiradjuri word for "to make fire") was founded in 1989 to nurture young First Nations dancers.

It has been a potent participant in the broader drive to celebrate Indigenous culture.

SandSong: Stories from the Great Sandy Desert, being staged as part of the Auckland Arts Festival next month, honours the people of the vast Kimberley region and Great Sandy Desert in northwest Australia. Like all Bangarra works, it was made in consultation with the region's elders and cultural advisers.

Three people directly associated with *SandSong*'s creation have a friendship stretching back for three decades.

Stephen Page, Bangarra's distinguished artistic director, who has just retired after 30 years, and Frances Rings, a dancer and teacher recently appointed to replace him, co-choreographed the dance work.

Rings first joined Bangarra as a dancer in 1993, and has been associated with the company at various times since then.

The third person involved in the evolution of *SandSong* was revered actor and cultural consultant Ningali Lawford-Wolf, whose ancestry is Walmajarri and Wangkatjungka from the Kimberley area.

Lawford-Wolf, who started out as a dancer before moving to acting, died suddenly of complications due to asthma in Edinburgh in 2019, aged 52, while touring with a stage production of Kate Grenville's novel, *The Secret River*.

Lawford-Wolf became well known when she starred in *Rabbit-Proof Fence*, the 2002 film based on a true story about three "half-caste" girls removed from their families in 1931 and sent to the Moore River Native Settlement north of Perth. The girls made a run for it by following the 2400km fence through the outback. Her other screen performances included the 2015 film *Last Cab to Darwin*.

In the early days of their careers, Rings and Lawford-Wolf, who were emerging as exceptional talents in the late 80s, were activists. Both studying dance at NAISDA (National Aboriginal and Islander Skills Development Association) in Kariong, the pair joined the huge march in Sydney protesting against the 1988 bicentenary party on "Australia Day" – January 26 – now a hotly debated national holiday.

"It's really wonderful to remember that time," says Rings, who is of Kokatha and German descent. "Ningali and I, we came from different worlds. Ningali came from country, this little community called Christmas Creek in the Kimberley, and I grew up in Port Augusta, in South Australia.

"I guess we represented this young Indigenous energy. We all came to Sydney with this dream of becoming a dancer, a performer and telling our stories from our perspective.

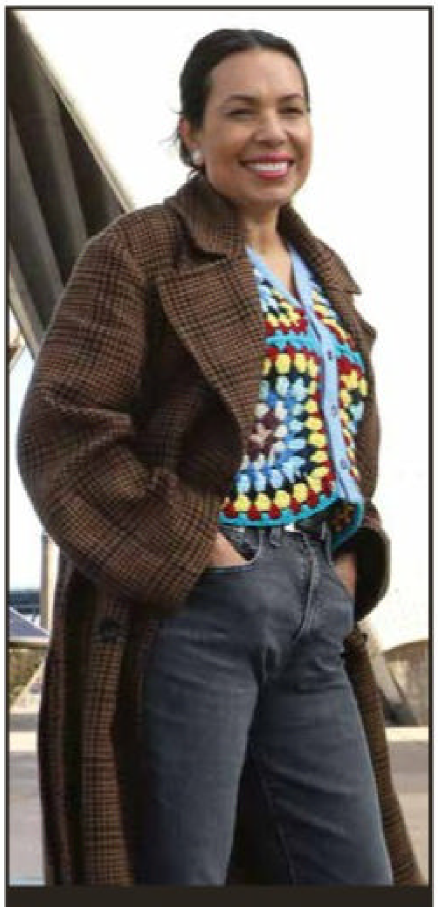
"We were thrust into the middle of this incredible energy of pride and survival and activism.

"I don't know what was in the water that year," she says. "I was quite shy but I turned up and saw all these incredible proud, dynamic black people and I was like, 'Ah, we can be like that, we don't need to be ashamed and in the background.'"

SandSong's narrative, which unfolds over four acts, follows the seasons and Indigenous knowledge systems developed over thousands of years to ensure survival. But, as Rings explains, the work opens with a sequence of images, including the map.

"There is a little moving image showing the experience of, I guess you would call it, white poison, a cloud of black collective consciousness that is foreshadowing what is coming," she says.

"From that first contact, to the impact of colonisation and then going through different moments;[for example] a glimpse of atomic testing on Aboriginal land to our incarceration rates and the impact on health and all those social and cultural and political issues, and land rights."



Above, artistic director Frances Rings and, opposite page, *SandSong* being performed in Sydney.

Rings and Page liaised with Walmajarri elders in Kimberley to craft the work within a very particular framework.

"We have a protocol of working with communities, cultural authorities and consultants to guide how we tell their stories," says Rings. "We don't tell a story unless we have their permission and we create it, tour it then return it back to country."

The spirit of Ningali was felt throughout the process, and her voice – and that of her mother – is threaded through the soundtrack, which would usually be prohibited by customary practice.

"Over the past 30 years, Ningali has guested with us in a couple of productions and her voice was used in many of our scores," says Rings. "We are devastated to lose her. Stephen and I, and her brother and sister, flew to Edinburgh to bring her home.

"We talked to them about how she really wanted to do this work and they said they'd like to honour that and step in and see it fulfilled. They came on board as cultural consultants and that was really important to us.

"Lastly, we took the work back to country, to her community, and it was probably one of the most powerful emotional experiences I have ever been through, really confronting and really emotional because they were hearing her voice and seeing her story.

"Ningali's father was removed from his parents. Her family was the classic example of the mistreatment of the families and the children. Her father was taken to the Moore River settlement, the place portrayed in *Rabbit-Proof Fence*, and he escaped and came back as a 14-year-old."

SandSong's portrayal of colonial conflict may be unflinching but reviews also emphasise its "exquisite beauty" and the spectacular power of its choreography and dancers.

"I think the work offers hope, pride, healing and this beautiful legacy of Ningali," says Rings. "Even though she's gone, this work will always be there and it will see other incredible pathways for those young people, a way to tell their stories and share with others." ▮

SandSong: Stories from the Great Sandy Desert, *Auckland Arts Festival, ASB Waterfront Theatre, Auckland, March 15-18.*

GETTY IMAGES; ALAMY

Making her mark

Kiwi actress Thomasin McKenzie returns to the festival where she first made the cinema world sit up and take notice. **By MICHELE MANELIS**

Five years ago, a teenage Thomasin McKenzie arrived at the Sundance Film Festival with *Leave No Trace*. This was the father-daughter survivalist story that marked her first starring role in a feature. She returned to the influential American movie industry event late last month where it seems the career tailwind she first gained in 2018 has yet to subside.

The *Leave No Trace* performance won McKenzie acclaim and award nominations, and connected her with the Hollywood agents and managers that have helped shape her career since.

Even with a pandemic, the now 22-year-old has racked up nine more features and *Life After Life*, last year's BBC drama adaptation of the Kate Atkinson book.

Her latest, and the reason for her Sundance return, is *Eileen*, the film of Ottessa Moshfegh's novel set in 1960s New England. It was shortlisted for the Man Booker Prize in 2016.

McKenzie is the titular character, a seemingly timid and mousy clerk in a boys' prison. Lonely, depressed and eager to escape her dead-end town and abusive alcoholic father, Eileen's life changes with the arrival of Rebecca St John (Anne Hathaway), the glamorous Harvard-trained new psychologist at the institution. Their friendship takes Eileen down a dark and twisting path – McKenzie may have played some wide-eyed innocents or wise-beyond-her-years characters in her early roles, but the unhinged Eileen is a definite departure from both.

Early reviews have noted echoes of *Carol*, the 2015 film starring Cate Blanchett and Rooney Mara about a forbidden 1950s love affair, but with touches of Hitchcock.

Moshfegh co-wrote the screenplay with her husband, Luke Goebel. It's directed by Brit William Oldroyd in his follow-up to *Lady Macbeth*, a film which made a star of Florence Pugh.

McKenzie holds her own against Hathaway, as she has with previous American acting heavyweights.

McKenzie was no stranger to Moshfegh's books and jumped at the opportunity to immerse herself in this strange and dark world.

"I was already a fan of Ottessa because I'd read her book, *My Year of Rest and Relaxation*, which I loved. And then the script came through, which I immediately loved. Actually, I'm currently reading another of Ottessa's books, *Death in Her Hands*, which I'm also loving," she offers. "So, big fan. That was the first pull." The film's director, Oldroyd, added to the allure.

"I watched *Lady Macbeth* and was like, 'Oh my God, this guy is very talented.' So I also talked to him on Zoom during the pandemic, and then I auditioned in my grandma's old fur coat because I just felt like it made sense. Obviously, it did make sense because I ended up in the film."

It was shot in New Jersey early last year, and in preparation for the role, McKenzie reportedly sent notes on her character from the book to a New Zealand prison psychologist for insights on her mental health and motivations for some of her actions.

She also added a Boston accent to the many she's played before, a task in which she was helped by the same dialect coach who tutored her for *Leave No Trace*.

"It helps me to get into the character when I have really exciting accents to work with, like this Boston accent, or I've done Cornish and other American accents. It's such a fun challenge. It helps me to move past feeling quite so self-conscious of myself and to focus more on the character.

"And I love accents because usually, when I'm filming, I use the accent throughout the shoot. So it helps to really become invested in the world that we are living in.

"And it's also really fun at the end of a job when I finally break out my Kiwi accent and people are like, 'What? What is this?'" she laughs.

McKenzie holds her own against Hathaway, as she has before with previous American acting heavyweights Ben Foster, Scarlett Johansson, Timothée Chalamet, and Anya Taylor-Joy. Though she admits to having been a little starstruck by her latest co-star. They go back a long way.

"I have always been a big fan of Annie since *The Princess Diaries*," McKenzie says about Hathaway's Disney tween film breakthrough. "That played a big role in my childhood. That starstruck kind of feeling really lent itself to the relationship between Eileen and Rebecca because Eileen is in awe of Rebecca, she's starstruck. When I first met Annie I was ... 'bow down to the queen'."

Watching McKenzie walk the Sundance red carpet, banter with the press and pose for photographs, then speak eloquently at a Q&A after *Eileen*'s screening, it's clear she has grown – personally and professionally – since her first time here in 2018.

While most 20-somethings are still considering their career options, McKenzie has established herself as a name in films by such noted directors as Taika Waititi, who cast her as Elsa in *Jojo Rabbit*, as well as Jane Campion (*The Power of the Dog*), Edgar Wright (*Last Night in Soho*) and M Night Shymalan (*Old*).

She and those looking after

Back in the spotlight: Thomasin McKenzie at Sundance.

her career have made some canny and credibility-building choices along the way. And, of course, as the daughter of director Stuart McKenzie as well as daughter and granddaughter of thespian dames Miranda Harcourt and Kate Harcourt, she's had plenty of career support and advice on the home front.

After the attention she received for *Leave No Trace*, it was announced she was being cast in *Top Gun: Maverick*, a small role as the daughter of Jennifer Connelly's bar owner. But she opted out and went to make *Lost Girls*, a Netflix movie by Liz Garbus about the murders of sex workers on Long Island.

"I was so honoured to have been considered to be a part of Top Gun," she told screen industry website Collider, "but I think *Lost Girls* was a story that I was really interested in telling. [There was a] female director and basically the entire cast was female, so I really wanted to be a part of that."

McKenzie may get another crack at the American mainstream with *Perfect*, a biopic to be directed by Olivia Wilde about US Olympic gymnast Kerri Strug.

Though her casting was made official last year, the film's production has since been delayed due to script issues being ironed out and Wilde wanting to take a break.

If the film goes ahead, McKenzie will be playing an American sporting hero who, at the 1996 Atlanta Olympics, won gold after completing her final vault on a broken ankle.

It sounds like a physically demanding and active role for an actor whose performances have shown a talent for stillness. But, given her own great leap forward in the past five years, she already knows what a springboard feels like. ▮

GETTY IMAGES

FILM

SARAH WATT

Set and match

Jemima Khan's romcom draws a parallel with a famous alliance.

Shazad Latif and Lily James: Eastern meets Western views on marriage.

WHAT'S LOVE GOT TO DO WITH IT?

Directed by Shekhar Kapur

"It's better to fall into like and walk into love" argues this cross-cultural romcom in which British Pakistani Kazim (Shazad Latif, Tariq from *Spooks*) opts for an "assisted marriage" that lets his parents suggest a wife. Shocked at her London-born-and-bred friend's decision, freewheeling commitment-phobe Zoe (Lily James) decides to make a documentary about her bestie's unexpectedly traditional choice.

Having pitched it to producers as "Love Contractually", Zoe sticks a camera in Kazim's face, capturing the speedy Skype courtship and customs that will promise Kazim and his imported bride a long and happy future.

This is the debut feature script from Jemima Khan, who, since divorcing Pakistani cricketer-turned-prime minister Imran Khan, has forged a career as a film producer. But it's the "assisted" marriage of her late friend Princess Diana that she is alluding to in the spark-free set-up of westernised Kazim and timid, wide-eyed Lahore local Mahouna (Sajal Ali). Kazim even echoes Prince Charles' fateful "whatever love means" in case anyone misses the nod to bossy, interfering families forcing a "good match".

Khan and director Shekhar Kapur's evident connection to the content is the film's strongest suit – scenes filmed in Lahore and insights into the multi-day wedding ritual lend a verisimilitude. Khan does a great job of educating on some topics, such as a woman's choice to wear hijab and the surprising prevalence of Muslim matchmaking services – one is described as "a bespoke, 3D, Halal Tinder" – while also highlighting innate prejudices.

An occasionally OTT Emma Thompson, playing Zoe's mother, is our politically incorrect proxy, exclaiming "Ooh, it's wonderfully exotic" and "You wouldn't even know they were Muslim", as she swooshes about in salwar kameez and embraces her neighbours' religious celebrations.

But while the plot delivers a couple of twists, the subplots are unsubstantial and the pretty but bland Latif and James lack much chemistry. And the film struggles to say much interesting in answer to that question posed in the title. ★★★

IN CINEMAS NOW

Gyrate expectations

Dance trilogy's third instalment has the moves but turns lame.

MAGIC MIKE'S LAST DANCE

Directed by Steven Soderbergh

Magic Mike's Last Dance is the third chapter in a hugely popular, decade-long collaboration between director Steven Soderbergh and Channing Tatum, one-time stripper turned actor and film star.

Unfortunately, despite delivering three breathtaking dance numbers, *Last Dance* is the trilogy's lamest in terms of story and script.

Now 40, Mike (Tatum) is bartending in Florida having lost his furniture business to the pandemic. He is propositioned by mega-wealthy Maxandra Mendoza (a stunning Salma Hayek) to bring her some pre-divorce cheer with a private lap dance. So impressed is Max by Mike's gyratory prowess, she whisks him to London for a month, where she charges him with bringing some much-needed sensuality to a staid West End production.

For this third instalment, Soderbergh was inspired by the strip show cabaret that is a live spinoff of the movies. Here, art again imitates life as Mike auditions (real) dancers off the city streets, teaches them sexy moves, and devises a show which is all about "giving women what they want". The films are unashamedly feminist in motive and heterosexual in action, but I dare anyone not to be enthralled by the experience.

With their 14-year age gap, the couple's chemistry is convincing – hardly a challenge when one performer was a professional stripper at 18, and the other is a glamorous Mexican goddess. But sadly, they're given little to say that's memorable or meaningful, and the bevy of British caricatures in the background bumble along embarrassingly.

Ultimately *Last Dance* isn't much of a story but it certainly excels as a sensational sensory escape. ★★½

IN CINEMAS NOW

Films are rated out of 5:
★ (abysmal) to ★★★★★ (amazing)

MUSIC

GRAHAM REID

Brilliant patterns

A kaleidoscope of sounds from Young Fathers, and Joe Henry channels Elvis Costello.

Broad palette: Kayus Bankole and Graham Hastings of Young Fathers.

GETTY IMAGES

HEAVY HEAVY, *by Young Fathers*

Trying to decode Edinburgh-based trio Young Fathers' third album is akin to peering into a kaleidoscope and attempting to describe to someone down a faulty phone connection the rotating colour patterns.

Alloysious Massaquoi, Kayus Bankole and Graham Hastings have a broad palette, which includes thumping acoustic funk, the casualness of the Beta Band and early Beck, a touch of glam stomp, African chants and plenty of spontaneous lo-fi soul with whoops, ululations and the echo of their basement studio.

Whatever Young Fathers are doing sounds like a whole lot of fun. But it's serious, too.

The hefty beat of the urgent *I Saw* – with the catchy hook "I saw what I saw, I keep walking the line" – belies a message about racist rhetoric. But it does so in language as convoluted as Bob Dylan's *Subterranean Homesick Blues*: "Not falling for your charms, no crash into your arms. A handful of coins and a balled-up fist. Picking rubbish, cleaning rubbish. A bad seed, a rotten apple. Take out the rubbish."

The pop-rap and relentless motorik pulse of *Drum* sounds a hoot but "they're gonna get ya either way, whether you cry about today or die another day. I'd rather sleep, but they say better stay awake."

Here, too, is falsetto soul on the scratchy *Shoot Me Down* (and buried behind the increasingly oppressive sound of *Tell Someone*), and a twisting trip to Southern Africa (*Ululation* which puts Paul Simon's *Graceland* influences through a blender). The final track, *Be Your Lady*, comes perilously close to mainstream R'n'B pop. But not for long.

Joe Henry
All The
Eye Can See

Put Young Fathers' fascinating kaleidoscope of mashed sounds to your ear and see what you hear. Or hear what you see.

ALL THE EYE CAN SEE, *by Joe Henry*

Although singer, songwriter and producer Joe Henry hasn't won as many Grammys as his sister-in-law Madonna (three for his production work, to her seven), he enjoys wide acclaim from illustrious peers and those he's produced, a diverse list that includes Joan Baez, Bonnie Raitt, Allen Toussaint with Elvis Costello, Billy Bragg, Salif Keita and Solomon Burke.

Although often described as alt.country, he's worked with jazz musicians (Ornette Coleman, Marc Ribot) and, on this 16th album under his own name, stalks similar territory to Costello in his downbeat, front parlour mood.

With touches of Celtic folk (the fiddle-coloured *Yearling*), dark cabaret and guitarists Bill Frisell and Ribot among the large but sparingly deployed cast, this 14-track album is bookended by earnest instrumental passages from Henry and fellow producer Daniel Lanois.

Between these points, the intimate, mournful mood addresses the existential doubt of recent times, as on the title track: "There goes the sun descending, its light in the street defending what all of our day is up-ending … trouble begins at waking, the weight of the world near-breaking …"

All the Eye Can See can be demanding for its lyrical density, sparseness and fragmented imagery.

But many nuggets (*Mission*, *Kitchen Door*, *Pass Through Me Now* and especially the optimistic *Red Letter Day*) glitter among the pervading melancholy. ▮

Heavy Heavy *and* All the Eye Can See *are available now on digital platforms, CD and vinyl.*

TV PREVIEW

Unfinished journey: Milly Alcock as Meg and Tim Minchin as Lachlan "Lucky" Flynn.

Miles to go

Tim Minchin is back in the driver's seat for a second series of his hit road-trip drama.

UPRIGHT, *season two, TVNZ+ from Tuesday, February 28*

In the acclaimed first season of *Upright*, Tim Minchin starred as Lachlan "Lucky" Flynn, a bloke towing his family piano across Australia, who, after a car accident in the middle of nowhere, acquired teenage travel companion Meg, played by Milly Alcock.

Minchin made Lucky a flawed and flaky character who becomes a surrogate dad to the headstrong teenager. It finished with an emotional finale that was also a natural ending to its characters' journeys. All of which might make you wonder: why a second season?

His original intention was not to, Minchin told the *Listener* when he was last in New Zealand while touring in his other career as a singer-songwriter.

But the show's writers reconvened and pondered what a second season story would be.

"And somewhere halfway through the first day you go, 'Oh shit, yeah. There's all that to be done'.

"The other reason I decided to do it is because when you're me – unconventional looking – you don't get these characters unless you make them your damn self. Lucky is great for me, because he suits me as an actor, and he's thoughtful and insightful but he also likes getting in fights.

"He's selfish, but selfless and a bit self-loathing. He's just complex and multilayered. I desperately want to play those roles and even now, when I've got plenty of profile, they don't come swimming across my desk. You've got to make them yourself."

Since *Upright's* first season, Alcock has starred as the young Rhaenyra Targaryen in *House of the Dragon*. She and Minchin reunited early last year in northern Queensland, where torrential rain played havoc with planned locations.

"We're trying to make a huge, world-class action adventure in less than 50 days, so you're just panicking the whole time, trying to get the shots you need, and so when rain comes it just makes you die."

The second series begins four years later. Lucky is now a moderately successful musician, with a celebrity girlfriend and a nice house. He seems happy but when Meg drags him into another road trip, a jaunt to Queensland to find the mother who abandoned her years ago, it's clear he's not as happy as he could be.

"That's the early twist; you never expect Lucky to amount to much," Minchin told the *Sydney Morning Herald*. "The reason we set him up like that, of course, is to make the point that you can change your income and your girlfriend and your living arrangements, but if you haven't dealt with your shit, you're not going to get very far."

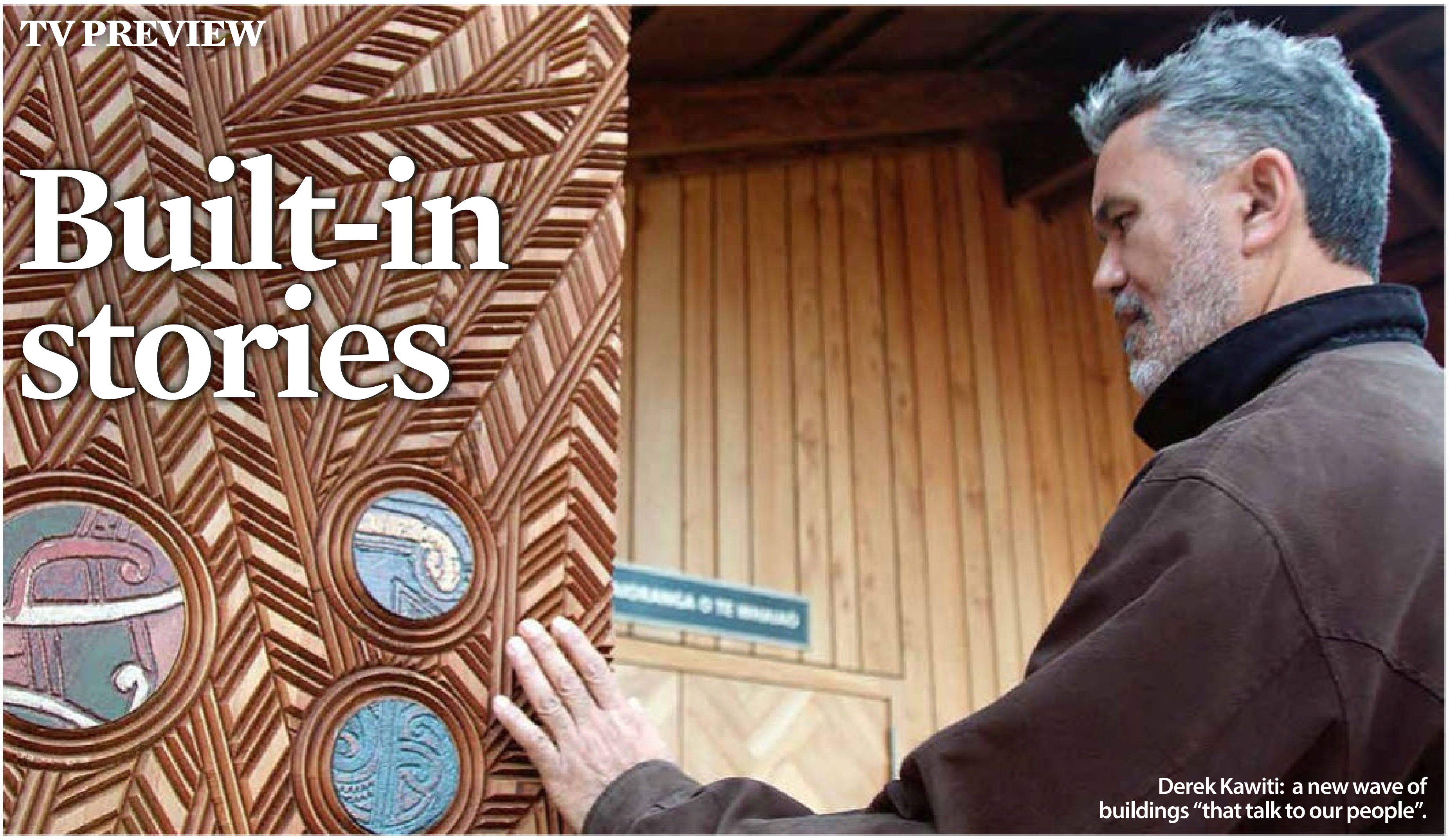
Lucky, he says, is on a journey "up the river of self-doubt".

"I sort of ratcheted up the tone a bit. I thought, why tread water, let's push the boat out a bit more. But it gets just as emotional [as season one]. I think it's still got the balance between laughter and trauma." ∎

> **"I sort of ratcheted up the tone a bit. I thought, why tread water, let's push the boat out a bit more."**

TV PREVIEW

Built-in stories



Derek Kawiti: a new wave of buildings "that talk to our people".

A three-part series looks at how Māori culture is making its mark on architecture in Aotearoa.

by RUSSELL BROWN

THE DRAWING BOARD, *Whakaata Māori, Monday February 27, 7.30pm*

Architecture was open to Māori cultural concepts before most other professional practices in New Zealand. The houses and churches designed by John Scott (Taranaki, Te Arawa) from the 1950s onwards incorporated both the modernist ideas of contemporaries such as Group Architects and the key principles of traditional Māori buildings. There is a modern heritage to be seen.

In *The Drawing Board*, Derek Kawiti, professor in Māori designed environments at Wellington School of Architecture, is less concerned with that heritage than with what is happening now, when the idea of what can be a Māori building has expanded – and when, crucially, Māori are more likely to be clients.

It's a three-episode snapshot of what Kawiti describes as "the new vanguard of Māori clients and architects challenging the status quo". We are, he believes, at a "pivotal turning point" in the country's built environment.

The buildings featured in the first episode, Te Wharewaka o Pōneke on the Wellington waterfront and Te Whare Nui o Tuteata, the stunning Scion headquarters in Rotorua, both seem at first glance to be familiar institutional territory. The former is in an established civic setting and the latter is the head office of a Crown Research Institute.

But the wharewaka embodies the story its founding trust wants to tell, not necessarily that of the government or council. Te Whare Nui o Tuteata is named after the ancestor of the three hapū that are tangata whenua in the area. Both whare are also places of business – tourism and events, and building technology respectively.

The entire second episode is devoted to a family home in Rotorua that is all about what the client, Professor Paora Tapsell, wanted to express about people, place and history. This includes metaphysical concepts that his Pākehā architect, Richard Naish of RTA Studio, acknowledges are at odds with the modernist "form and function" principles of his profession.

A new vanguard of Māori clients and architects are challenging the status quo.

"All of a sudden," Naish reflects, "buildings are seen more as places of protection and comfort, rather than objects."

For Kawiti, it's part of an emerging trend of buildings that "talk to our people".

But it's the final episode, looking at the modern papakāinga developed by Ngāti Wheke on Banks Peninsula and Ngāti Whatua at Bastion Point, that points to what may be the most significant contribution of te ao Māori to our built environment – a different, and more socially sustainable, idea of how to live together. It's here that we could have heard more from Kawiti himself, who is an appreciative and engaged interviewer throughout, but listens more than he talks.

If our built environment really is at a turning point, how do we get where we're going? What are the obstacles, what policies and practices might overcome them – and which of these emerging ideas might benefit not only Māori, but all of us? Who's doing the mahi now? Perhaps that's another series – one with a more evocative name. For now, *The Drawing Board* is an intriguing, curated view of a handful of projects that hint at a much bigger kōrero. ▮

The Flatshare, Monday

TELEVISION

Our Picks of the Week

SATURDAY FEBRUARY 25

TE MATATINI 2023 FINALS DAY

The best of the best

Screening: *TVNZ 2, 8am*

Streaming: *TVNZ+*

Scotty Morrison, Mātai Smith, Te Rauhiringa Brown, Tamati Rimene-Sproat and Stephanie Fong present coverage from finals day at Eden Park, as the best kapa haka teams strive for the supreme title of Toa Whakaihuwaka. There's also a two-hour highlights package at 7pm on Whakaata Māori.

MONDAY FEBRUARY 27

THE FLATSHARE

Romantic notes

Streaming: *TVNZ+*

Tiffany (Jessica Brown Findlay, *Downton Abbey*) and Leon (Anthony Welsh, *The Great*) share a flat, but not at the same time. She's home weeknights and weekends, he's a shift-worker who sleeps during the day and stays with his girlfriend at weekends. Because they never see each other in person, they communicate via increasingly flirtatious Post-It notes. Yes, it's a romcom with a premise, based on the million-selling 2019 book by Beth O'Leary. The idea of Welsh, who is pushing 40 in real life, as a cash-strapped 20-something (Findlay is 35) is a bit of a stretch, but it seems engaging enough. It's also the first British comedy to be produced for Paramount Plus.

TUESDAY FEBRUARY 28

UPRIGHT

The new adventures of Lucky and Meg

Streaming: *TVNZ+*

A second season for the Tim Minchin-penned Aussie road-trip comedy-drama. See story, page 66.

WEDNESDAY MARCH 1

THE MANDALORIAN

It's all about the redemption

Streaming: *Disney +*

The producers have managed to keep a lid on season three spoilers, but a recent trailer indicates that Grogu and Mando are a team again. Grogu was handed into the care of Luke Skywalker in the season two finale, to become stronger in the ways of The Force. But it appears that Mando's sentimental gesture of farewell, removing his helmet to say goodbye, has had consequences and he has some atonement to do. It also looks like there'll be some Seriously Big Fights along the way.

CHEAT

If you don't know, just cheat

Streaming: *Netflix*

Not to be confused with the 2019 TV drama of the same name, this is Netflix forging into the brave new world of, well, British quiz shows. Danny Dyer (who crossed over from acting to TV presenting after his last movie was reviewed as the "worst film of 2013") and comedian Ellie Taylor front the show. The format involves four players competing for a prize jackpot of £50,000. They can cheat, indeed they're encouraged to do so, so long as they're not caught doing it.

EAST NEW YORK

NYPD New

Screening: *Vibe, 7.30pm*

The latest in a long line of police procedurals from the CBS network features Amanda Warren (*The Leftovers*) as Deputy Inspector Regina Haywood, the newly promoted commander of the 74th police precinct in Brooklyn. She faces challenges, including being perceived as a "diversity hire" by dubious colleagues, but she's determined to run a better force and that means making some changes. There are some intriguing links to that template for the modern cop show *NYPD Blue* – co-creator William Finkelstein was an executive producer in *NYPD Blue*'s later seasons and Jimmy Smits plays Haywood's unreconstructed boss. Most American reviewers – albeit some apparently through gritted teeth – have decided that the show is pretty good.

FRIDAY MARCH 3

DAISY JONES & THE SIX

Imagining the band

Streaming: *Amazon Prime Video*

Based on the novel by Taylor Jenkins Reid and presented as a "documentary", *Daisy Jones and the Six* recounts the story of a fictional band that has all the internal dramas, if not exactly the sound, of Fleetwood Mac. Riley Keough (Elvis Presley's granddaughter, no less) and Sam Claflin (*Peaky Blinders*) play the group's charismatic lead singers, Daisy Jones and Billy Dunne. The adaptation from page to screen meant that a songbook had to be written and recorded – and that job fell to LA songwriter-producer (and sometime Ed Sheeran collaborator) Blake Mills, who roped in friends like Phoebe Bridgers to imagine the band. Reese Witherspoon produces. ■

American Made, Saturday

TV Films

by RUSSELL BAILLIE

The big movies on TV this week

SATURDAY FEBRUARY 25

THE FAST AND THE FURIOUS

We have ignition

TVNZ 2, 7.30pm

The original cheap-thrill petrolhead action film, which somehow sparked a franchise that's since taken in US$6 billion at the global box office. Not bad for a modestly budgeted, star-free street-racer rehash of *Point Break*, the 1991 film about surfer dude bank robbers and the undercover cop in their midst who becomes one of the gang. (2001) ★★★

SEX AND THE CITY 2

Down at heel

Eden, 8.30pm

Terrible second movie spinoff that transports the gang to Abu Dhabi, where Carrie nearly cheats on Big for no other reason than that he bought her a TV instead of jewellery for their wedding anniversary. (2010) ★

CRIMES OF THE FUTURE

Medical misadventures

Rialto, 8.30pm

Veteran director David Cronenberg is up to his outlandish body-horror tricks of old in a techno-future story about a performance artist (Viggo Mortensen), whose avant-garde act involves having surgery live on stage in front of audiences who find it erotic. Those with a squeamish appreciation of past Cronenberg chillers will find plenty that is familiar here, but it's not one of his best. (2022) ★★★

AMERICAN MADE

The smug smuggler

TVNZ 2, 9.25pm

In which Tom Cruise plays an actual person – Barry Seal, an 80s US airline pilot who, having got a job flying into Central America for the CIA, thought he'd make the return trips worthwhile with cocaine cargo from the Colombian cartels while thumbing his nose at the DEA and FBI. It's delivered fast and loose by director Doug Liman with Cruise, funnily enough, making a very convincing pilot, if he's not quite so believable as a guy named Barry. (2017) ★★★½

SUNDAY FEBRUARY 26

JACK RYAN: SHADOW RECRUIT

Russian reset

TVNZ 2, 8.30pm

This was the second attempt at a big-screen reboot of Tom Clancy's CIA agent with Chris Pine in the job previously held by Alec Baldwin, Harrison Ford and Ben Affleck, and more recently John Krasinski, in the Amazon Prime back-to-basics television show. The first Ryan film with no Clancy book behind it, it's an uninspired mix of origin story and Jason Bourne/*Mission: Impossible*-cribbed action flick. The CIA greenhorn and his fiancée (Keira Knightley) find themselves in Moscow and up against an oligarch villain played by the film's director, Kenneth Branagh. (2014) ★★★

Sex and the City 2, Saturday

MY AFTERNOONS WITH MARGUERITTE

Reading lessons

Whakaata Māori, 8.30pm

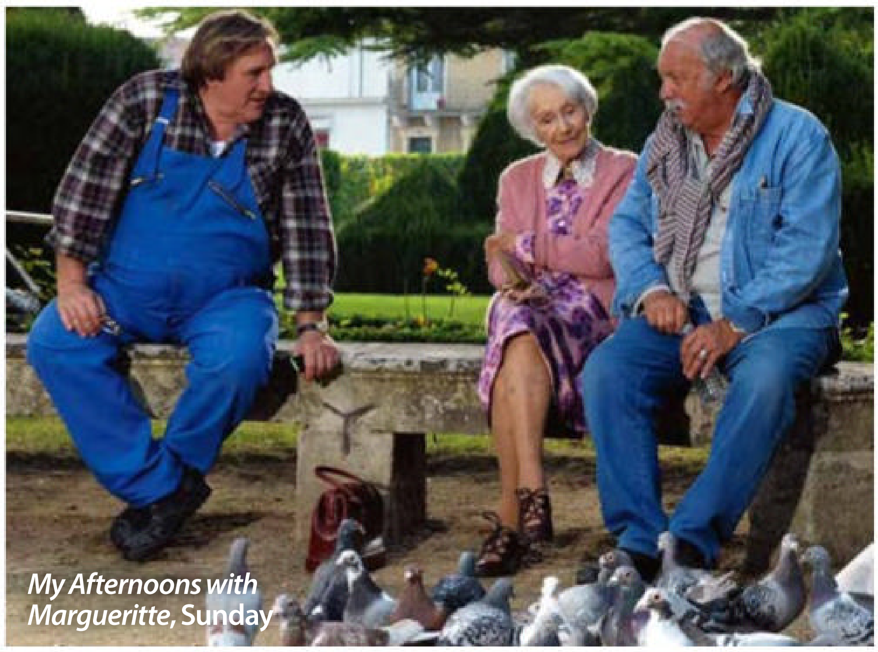
Sweetly sentimental French drama starring Gerard Depardieu as an uneducated village handyman and gardener whose friendship with elderly retired scientist Margueritte (Gisèle Casadesus) gives him a new appreciation for literature. (2010) ★★★

J. EDGAR

G-man

Eden, 8.30pm

After playing Howard Hughes, Leonardo DiCaprio chalks up another memorable performance as an iconic American paranoiac weirdo as long-running FBI director J Edgar Hoover. Much of the focus is on Hoover's closeted relationship with his second-in-command, Clyde Tolson (Armie Hammer), but director Clint Eastwood's storytelling is tin-eared. (2011) ★★½



My Afternoons with Marguerite, Sunday

JURASSIC WORLD DOMINION

Won't leave you in raptors

Sky Movies Premiere, 8.30pm; Neon

While it was nice to see the old gang played by Sam Neill, Laura Dern and Jeff Goldblum in the 1993 original *Jurassic Park* back together, the reunion was a sideshow to a franchise finale of too many sideshows, at least one of which wanted to be a reptile-smuggling Bond film. It's slightly better than the previous *Fallen Kingdom* but not by much (2022). ★★½

MONDAY FEBRUARY 27

HIT THE ROAD

Wheel life

Rialto, 8.30pm

Tense but tender-hearted Iranian road-trip movie about a squabbling but loving family of four and their ailing dog heading across the northwest of the country to the Turkish border, supposedly taking their oldest son to his wedding. The debut feature by Panah Panahi, son of director and pro-democracy activist Jafar Panahi, it's a bittersweet comedy with most of the laughs coming from Rayan Sarlak, as the family's exuberant youngest. (2021) ★★★★½

TUESDAY FEBRUARY 28

THE OUTFIT

A right stitch-up

Sky Movies Premiere, 8.30pm; Neon

An intriguing twisty and theatrical 1950s Chicago gangland thriller of cross and double-cross that all takes place in a single location – the haberdashery where Mark Rylance's mild-mannered English tailor, Leonard, makes bespoke suits for local mobsters and tolerates them using it as a hangout. (2022) ★★★½

WEDNESDAY MARCH 1

PERFECT STRANGERS

Persons unknown

Whakaata Māori, 8.30pm

An Italian dinner party comedy about seven middle-aged friends playing a game which will reveal their personal secrets among the messages on their phones. It was a hit at home that, remarkably, has since been remade in more than 20 countries, including the French version, *Le Jeu*. (2016) ★★★

SURVIVE

More winter woes

Sky Movies Premiere, 8.30pm

Wilderness survival drama, originally released as a series of web shorts, with *Game of Thrones* star Sophie Turner back in the snow as a clinically depressed woman who is one of two who make it out of an alpine plane crash alive, and who finds the will to live. (2022) ★★

Films are rated out of 5: ★ (abysmal) to ★★★★★ (amazing)

Talkback

LOOK OVER HERE

I watched *Whina*, which screened on TVNZ 1 on February 6, and enjoyed it immensely. But I must point out what I consider to be a glaring omission. The film shows the hikoi crossing the Auckland Harbour Bridge, then nothing more of the Auckland CBD phase of the march. Nothing.

Where were the thousands of us, men and women, Māori and Pākehā, Kiwis and immigrants, who took the afternoon off work and joined the hikoi in solidarity? In a later sequence, a half dozen Pākehā thugs confronted the march in Porirua and tried to start a fight. Why was that bit of red-neck behaviour worthy of inclusion in an otherwise enjoyable bio film, but not the thousands of us who joined the march at St Marys Bay, on what was clearly a historic occasion?

We also were subject to verbal abuse by the usual suspects working on construction sites as we progressed up Queen St ("Ya bunch of commie s – stirrers, why don't ya get a job?" To which I shouted back, "I have the afternoon off my job, thanks. Why don't you get a life?") A memorable afternoon, completely erased from the narrative of the film.

Dame Whina was interviewed on the radio that night, tearfully exclaiming that: "With what I've seen today, then surely, we are one people."

John Watkins
(Auckland)

LEAVE IT TO THE EXPERTS

I am not appreciating RNZ *Nine to Noon*'s foray into music. I feel it should leave it to RNZ Concert and commercial stations, because whoever chooses the music for their growing number of slots is no musician. It is jarring to be listening one minute to a serious interview and then suddenly be subjected to unblended so-called "music". Please leave the music to the experts.

AN Christie
(Rotorua)

JUST LIKE KIM AND JIM

I agree with Carol Brown (*Talkback*, February 4). Where did RNZ find Max Towle? He has a beautiful voice and is clear, balanced and articulate.

With such ability, a more meaningful place, rather than the business news or whatever Towle does at the moment, should be found at once. Of course, Jim and Kim possess this quality, too. All topnotch.

Trish Bishop
(Hamilton)

MORE REO, PLEASE

A while ago in this column, we were advised of an RNZ link to a page detailing the te reo phrases in regular use on air. That was really helpful. Has there been an update to include the many more phrases in everyday usage (which we applaud and appreciate) on RNZ and TVNZ?

In particular, what are the phrases used to introduce and conclude the sports news?

Steven Marshall
(Christchurch)

CAPTIONS WELCOME

Like Norm Wagener (*Talkback*, February 11), I am deaf but did not miss one episode of *Our Big Blue Backyard*. What a wonderful programme this was but the only way I could manage the story was with the sound off and captions on. It was not ideal but I managed.

Margaret Topzand
(Titirangi)

Please send comments, queries or complaints about radio or television to: listenerletters@aremedia.co.nz with "Talkback" in the subject line, or Talkback, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Infomercials**
6.55 **Religious Programming**
7.25 **Fishing and Adventure** (G, R, **C**)
7.55 **Rural Delivery** (G, R, **C**)
8.25 **Country Calendar** (PG, R, **C**, **AD**) A Murupara couple who built up their sheep, beef and dairy farm from nothing now provide employment to locals.
9.00 **India Unplated** (G, R, **C**, **AD**)
9.30 **Tagata Pasifika**
10.00 **The Great Kiwi Bake Off** (PG, R, **C**) s4ep5
11.30 **Jamie's Easy Meals for Everyday** (G, R, **C**, **AD**) Jamie Oliver cooks up a sausage casserole, and makes an aubergine salad with homemade flatbreads. s1ep16
Noon **The Hotel Inspector** (PG, R, **C**)
1.00 **Coast vs. Country** (G, **C**) s3ep3
2.00 **Rolling in It** (G, R, **C**, **AD**) UK game show.
3.00 **Secrets of the London Underground** (G, **C**, **AD**) Tim Dunn and Siddy Holloway explore King William Street, the original terminus of the first electric Tube in the world. s2ep3
4.00 **Travelling Auctioneers** (G, **C**) Auctioneer Christina Trevanion and restorer Will Kirk are in Somerset to help Lucy and Jeremy declutter, downsize and make some cash in the process.
5.00 **The Chase** (G, R, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**C**)
7.00 **Tipping Point Lucky Stars** (G, R, **C**) Ben Shephard hosts a celebrity version of the UK quiz show, with Andrea McLean, Steve Pemberton and Matt Le Tissier.
8.00 **Lotto**
8.05 **Call the Midwife** (M, **C**, **AD**) Poplar's housing crisis deepens, bringing a sad case to the attention of the team, and a worrying disease outbreak directly impacts the residents of Nonnatus House. s12ep7
9.20 🟩 **The Teacher** (16, **C**, **AD**) UK drama series. Tonight, after a night out celebrating a promotion, teacher Jenna Garvey is accused of sleeping with a 15-year-old pupil. s1ep1
11.20 **Jamestown** (16, **C**) When Maria's trust is betrayed, she runs away into the wilderness and leaves a life hanging in the balance. s2ep7
1.15am **The White Princess** (16, **C**, **AD**) s1ep7
2.25 **Infomercials**
5.30 – 6.00 **Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Ready, Steady, Wiggle!** (G, R, **C**, **AD**)
6.10 **The Not Too Late Show with Elmo** (G, R, **C**)
6.25 **Julius Jr.** (G, R, **C**)
6.45 **Spidey and His Amazing Friends** (G, R, **C**)
7.10 **Madagascar: A Little Wild** (G, **C**)
7.35 **SpongeBob SquarePants** (G, R, **C**)
8.00 🟥 **Te Matatini Herenga Waka Herenga Tangata** Mātai Smith, Scotty Morrison and Stephanie Fong present coverage of finals day of national kapa haka competition Te Matatini, live from Eden Park, Auckland.
5.30 **The Big Bang Theory** (G, R, **C**, **AD**) The guys consider investing in the comic-book store. s8ep4
6.00 **The Amazing Race** (PG, **C**, **AD**) The final five teams race through Siem Reap, Cambodia, where they face the second and final double U-turn of the season. s32ep10
7.00 🟨 **Booze Patrol** (PG, **C**, **AD**) Behind the scenes with random breath testing patrols in Victoria, Australia, as they test for alcohol- and drug-affected drivers. Tonight, country pills, fingerprints, and a full moon.
7.30 🟦 **The Fast and the Furious** (2001, M, R, **C**, **AD**) An LA police officer must decide where his loyalty really lies when he is sent undercover in the street racing world. Vin Diesel, Paul Walker, Michelle Rodriguez, Jordana Brewster. **TV Films, page 69**
9.25 🟦 **American Made** (2017, 16, **C**, **AD**) Based on the life of Barry Seal, a former TWA pilot who flew missions for the CIA and became a drug smuggler for the Medellín Cartel in the 1980s. Tom Cruise, Domhnall Gleeson, Sarah Wright, Jesse Plemons. **TV Films, page 69**
11.35 🟦 **Adrift** (2018, M, R, **C**, **AD**) Based on the story of a couple who became stranded in the Pacific Ocean during Hurricane Raymond and tried to get to Hawaii with a damaged boat and no radio. Shailene Woodley, Sam Claflin, Jeffrey Thomas, Elizabeth Hawthorne.
1.20am 🟦 **Police Academy 2: Their First Assignment** (1985, M, R, **C**, **AD**) Steve Guttenberg.
2.50 🟦 **Police Academy 3: Back in Training** (1986, PG, R) Steve Guttenberg.
4.15 **United States of Al** (PG, R) s2ep8
5.00 **Infomercials**
5.30 – 6.00 **Religious Programming**

THREE FREEVIEW 3 SKY 003

6.00 **Charles Stanley**
6.30 **Infomercials**
9.30 **Newshub Nation** (**C**) With Simon Shepherd and Rebecca Wright.
10.30 **Celebrity Family Feud** (PG, R, **C**)
11.30 **Extinct or Alive** (PG, R, **C**)
12.30 **Family Game Night** (G, **C**)
1.30 **The Zoo** (G, R, **C**)
2.30 **Dr. Dee: Alaska Vet** (PG, R, **C**)
3.30 **Lego Masters Australia** (G, R, **C**)
4.55 **Gold Rush: Parkers Trail** (PG, **C**)
6.00 **Newshub Live** (**C**)
7.00 **Animal Embassy** (G, **C**, **AD**) Behind the scenes of an animal park in the Canary Islands. Tonight, Esmeralda the iguana has a lumpy belly. s1ep2
7.30 **Dream Listing Byron Bay** (G, **C**, **AD**) Frank tries to find his client a property for $1 million.
8.30 **NCIS** (M, **C**) A dad from McGee's children's school is linked to a break-in at a government storage bunker. s20ep2
9.30 **NCIS: Los Angeles** (PG, **C**) An architect duo who specialise in designing secure buildings is kidnapped. s14ep2
10.30 🟦 **2 Guns** (2013, 16, R, **C**, **AD**) Two criminals on the run are unaware they are both undercover agents. Denzel Washington, Mark Wahlberg.
12.35am **Infomercials**
5.00 **Leading the Way**
5.30 – 6.00 **Charles Stanley**

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
10.00 **SmackDown** (PG, R)
11.00 **RAW** (PG, R)
Noon **ICC Women's T20 World Cup Highlights** (G, **C**) Semi-final 1, from Cape Town.
12.30 **The Crowd Goes Wild** (PG, R)
2.00 **Super Rugby Aupiki Live** Hurricanes Poua v Chiefs Manawa, live from Levin.
4.00 **Super Rugby Pacific Live** Moana Pasifika v Fijian Drua, live from Mt Smart Stadium, Auckland.
7.00 🟥 **Head of the Class** (PG, **C**)
7.30 🟥 **American Auto** (PG, **C**)
8.00 🟥 **Grand Crew** (M, **C**)
8.30 **Border Security: America's Front Line** (PG, R, **C**)
9.00 **Super Rugby Pacific** (G) Highlanders v Blues, from Forsyth Barr Stadium, Dunedin.
11.00 **A-League Men Highlights** (G) Central Coast Mariners v Wellington Phoenix.
11.30 **NXT** (PG)
12.30am – 6.00 **Infomercials**

Thriller: LIAISON

Netflix has been galloping along with its global strategy (a recent *New Yorker* story revealed that nearly 70% of Netflix's subscriptions are outside the US and Canada). Now Apple TV+ joins the fray with its first British-French original series, a thriller starring Eva Green and Vincent Cassel. The six-parter focuses on cyber attacks on London that culminate in devastating flooding caused by the deactivation of the Thames Barrier. In addition, Green's character, an agent, has a complicated past with Cassel's former DGSE operative. It's glossy and pacey, thanks to *Predator 2* director Stephen Hopkins and locations span from London to the Middle East.

APPLE TV+

Sport: SUPER RUGBY

Does it seem too early? We hope the grounds have dried out for the start of the Super Rugby Pacific and Aupiki seasons. The first of the women's games are today: Hurricanes Poua v Chiefs Manawa in Levin, and Matatū v Blues Women in Dunedin. At Mt Smart, it's a Pacific clash in the men's game.

PRIME, 2.00pm, 4.00pm and 9.00pm and SKY SPORT 1

🟩 **NEW** 🟨 **RETURN** 🟥 **FINAL** 🟦 **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
10.30 **Ako** (G, R)
11.00 **ASB Polyfest** (G, R)
Noon **Nanakia 2.0** (PG, R)
12.30 **Harakore** (G, R)
1.00 **Whakataukī** (G, R)
1.30 **Karanga: The First Voice** (G, R)
2.00 **Whaikōrero** (PG, R)
2.30 **Waiata Nation** (PG, R)
3.00 **Pio Terei Tonight** (PG, R)
4.00 **Marae DIY** (G, R)
5.00 **Skindigenous** (G, R)
5.30 **Matau Bros Gone Fishing** (G, R)
6.00 **Piri's Tiki Tour** (PG, R) Piri Weepu meets divers, farmers and hunters.
6.30 **Waiata Nation II** (G, R) Crete's waiata Tārua is a heartfelt tribute to her late pāpā.
7.00 **Te Matatini Highlights** (G) Highlights from the day's performances at Te Matatini, from Eden Park, Auckland.
9.00 ■ **The Client** (1994, M) A youngster who witnessed the suicide of a mafia lawyer hires an attorney to protect him against the District Attorney who is trying to take down a mob family. Susan Sarandon, Tommy Lee Jones, Brad Renfro, Mary-Louise Parker.
11.00 – 11.30 **Sidewalk Karaoke** (G, R)

Film: THE CLIENT

Legal dramas were quite the thing in the 1990s, largely thanks to successful adaptations of John Grisham novels, although they ran out of steam with 2003's *Runaway Jury*. Susan Sarandon was Oscar-nominated for her role in *The Client*, and won a Bafta.

WHAKAATA MĀORI, 9.00pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It Vancouver** (G, R)
11.45 **Masters of Flip** (G, R)
12.45 **The Dog Rescuers** (PG, R)
2.35 **Tiny House Nation** (PG, R)
3.35 **Love It or List It** (G, R)
4.35 **Botched** (PG, R)
5.30 **Million Dollar Listings LA** (PG, R)
6.30 **Undercover Boss** (PG, R)
7.30 **Vanderpump Rules** (M) Tom and Tom race to get Schwartz and Sandy's ready for its first private event.
8.30 ■ **The Ugly Truth** (2009, 16, R, **C**) A romantically challenged morning show producer agrees to follow the advice of a chauvinistic correspondent to prove whether his theories on relationships work. Katherine Heigl, Gerard Butler.
10.30 **Sleeping with Death** (M, R)
11.30 **Snapped** (M, R)
12.20am Infomercials **5.00 – 6.00** Shark Tank (PG, R)

EDEN FREEVIEW 8 SKY 013

6.00 **Infomercials**
6.30 **Restaurant: Impossible** (G, R)
7.20 **The Pioneer Woman** (G, R)
7.45 **Valerie's Home Cooking** (G, R)
8.10 **Bobby Flay** (G, R)
8.35 **Choccywoccydoodah** (G, R)
9.00 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Antiques Roadshow** (G)
Noon **Escape to the Chateau** (G, R)
1.00 **Beat Bobby Flay** (G, R)
2.00 **Bondi Rescue** (PG, R)
2.30 **Border Security Aus** (PG, R)
3.00 **From Wags to Riches** (G, R)
4.00 **The Best Thing I Ever Ate** (G, R)
5.00 **Museum Mysteries** (PG, R)
6.00 **American Pickers** (PG, R)
7.00 **Celebrity Catchphrase** (G)
8.00 **It's Me or the Dog UK** (PG, R)
8.30 ■ **Sex and the City 2** (2010, 16) Sarah Jessica Parker. **TV Films, page 69**
11.15 **Forged in Fire** (PG)
12.10am Flea Market Flip (G, R)
12.35 – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Wheeler Dealers** (PG, R)
6.50 **Garage Squad** (PG, R)
8.35 **Head Rush** (G, R)
9.25 **Treehouse Masters Marathon** (PG, R)
1.30 **Fastest Cars in the Dirty South** (PG, R)
2.20 **Building Off the Grid** (G, R)
3.05 **The Alaska Experiment** (PG, R)
3.55 **Bristol Bay Brawl** (PG, R)
4.50 **Junkyard Empire** (PG, R)
5.40 **Garage Squad** (PG)
6.35 **Man vs. Wild** (PG, R)
7.30 **Treasure Quest** (PG) The Odyssey finds a wreck littered with bronze cannon.
8.30 **Bering Sea Gold** (PG) Zeke agrees to end the season working for Emily as a diver on the Eroica.
9.25 **Cooper's Treasure** (M, R) Darrell finds the final piece of Cooper's code.
10.25 **Cops UK: Bodycam Squad** (PG)
11.20 **Garage Squad** (PG, R)
12.15am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
7.00 **DUKEbox Music**
11.00 **Extreme E Preview**
11.25 **Meet the Bears** (G, R, **C**, **AD**)
12.35 **The Cube** (G, R, **C**)
2.20 **Impossible Engineering** (G, R, **C**, **AD**)
3.15 **Xploration: Awesome Planet** (G, R)
4.05 **Australian Survivor: Brains v Brawn** (PG, R, **C**)
5.05 **River Monsters** (PG, R, **C**)
6.00 **Ten 7 Summer** (PG, **C**)
6.30 **Fish of the Day** (PG, **C**) s5ep7
7.00 **Family Guy** (PG, R, **C**, **AD**)
7.30 **The Simpsons** (G, R, **C**) s10ep11
8.30 **Taskmaster** (M, R, **C**, **AD**) Greg Davies and Alex Horne set bizarre tasks for a group of comedians. s8ep8
9.25 ■ **The Mummy Returns** (2001, PG, R, **C**, **AD**) A treasure hunter and his family battle a cult that has resurrected ancient Egyptian priest Imhotep. Brendan Fraser, Rachel Weisz, Freddie Boath, John Hannah, Arnold Vosloo.
11.50 – 1.50am **The Office US Omnibus** (PG, R, **C**)

SKY PREMIERE SKY 030

7.35 **Moonshot** (2022, M) Cole Sprouse, Zach Braff
9.20 **Last Night in Soho** (2020, 16) Anya Taylor-Joy
11.15 **Firestarter** (2022, 16) Ryan Kiera Armstrong
12.50 **The Conjuring 3: The Devil Made Me Do It** (2021, 16) Patrick Wilson, Vera Farmiga
2.40 **12 Mighty Orphans** (2021, M) Luke Wilson, Martin Sheen
4.35 **Top Gun: Maverick** (2022, M) Tom Cruise, Miles Teller
6.45 **Book of Love** (2022, M) An author learns that his failed book has become a hit in Mexico after his translator rewrote his dull story. Sam Claflin, Verónica Echegui
8.30 **The Card Counter** (2021, 16) While trying to keep a young man on the straight-and-narrow, a former military interrogator is drawn back into his dark past. Oscar Isaac, Tye Sheridan
10.25 **The Northman** (2022, 16) Alexander Skarsgård, Nicole Kidman
12.43am Everything Everywhere All at Once (2022, 16) **3.00** Doula (2021, M) **4.45** Campus Caller (2017, M)

MOVIES CLASSICS SKY 034

7.40 **Batman Returns** (1992, PG) Michael Keaton, Danny DeVito
9.42 **The Exorcist** (1973, 16) Linda Blair, Ellen Burstyn
11.50 **Batman & Robin** (1997, PG) George Clooney, Arnold Schwarzenegger
1.50 **Bram Stoker's Dracula** (1992, M) Gary Oldman, Winona Ryder
3.55 **Interview with the Vampire** (1994, 16) Brad Pitt, Tom Cruise
5.55 **The Guns of Navarone** (1961, PG) Gregory Peck, David Niven
8.30 **Sleepless in Seattle** (1993, PG) An engaged woman in Baltimore hears a lonely widower in Seattle on a late-night radio show. Meg Ryan, Tom Hanks
10.15 **Teen Wolf** (1985, PG) When a teen turns into a werewolf, his newfound athletic prowess makes him a hit with the ladies. Michael J Fox, James Hampton
11.45 **Groundhog Day** (1993, PG) Bill Murray, Andie MacDowell
1.25am Copycat (1995, 18) **3.25** The Towering Inferno (1974, PG)

RIALTO SKY 039

7.35 **My Childhood, My Country: 20 Years in Afghanistan** (2021, M) UK documentary.
9.05 **Riders of Justice** (2020, 16) Mads Mikkelsen
11.00 **The Return: Life After ISIS** (2021, 16) Spanish/UK documentary.
12.55 **War of the Worlds Marathon** (M) s2ep1-4
4.15 **Beware of Children** (2019, 16) Henriette Steenstrup
6.55 **The Conservation Game** (2021, M) US documentary about a retired police officer investigating the connection between America's top television celebrity conservationists and the exotic pet trade.
8.30 **Rialto Selection: Crimes of the Future** (2022, 18) A performance artist showcases the metamorphosis of his organs in avant-garde performances. Viggo Mortensen, Kristen Stewart **TV Films, page 69**
10.15 **Nitram** (2021, 16) Judy Davis
12.05am Night of the Kings (2020, M) **1.40** Still Crazy (1998, M) **3.15** Crimes of the Future (2022, 18) **5.00** Beware of Children (2019, 16)

SKY CHANNELS

Vibe SKY 006

6.00 The Syndicate (M) s4ep1 **7.00** Motive (M) s1ep13 **7.40** Nikita (M) **11.25** Outlander (18) s4ep9&10 **1.25** Southland (16) **4.45** The Syndicate (M) s4ep1 **5.50** Born Different (M) s1ep9&10 **6.45** Bump (M) Matias tries to make amends with Rosa and Santi, Oly tries to have it all, and Birdie's efforts to impress those close to Dom bring mixed results. s2ep3&4 **7.45** ■ Emerson Heights (2020, M) When an aspiring Los Angeles actor falls for a New Yorker, they attempt to beat the odds of long-distance love. Austin James, Gatlin Green. **9.30** Riviera (16) Georgina is attempting to reinvent herself and leave the cursed Riviera behind, but an intriguing art expert makes her an offer she can't refuse. s3ep1 **10.20** Covert Affairs Omnibus (M) **2.25am** Programmes continue

BBC UKTV SKY 007

6.00 8 Out of 10 Cats Does Countdown (M) **6.50** QI Marathon (PG) **8.30** Would I Lie to You? Marathon (PG) **10.05** The Bill Marathon (M) **2.15** Casualty (PG) **3.10** Holby City (M) s21ep44 **4.15** Call the Midwife (PG) s2ep2 **5.15** A Touch of Frost (16) s9ep2 **6.45** The Good Karma Hospital (PG) s1ep4 **7.35** Casualty (PG) s37ep18 **8.30** Midsomer Murders (M) An accomplished author is suspected in the murder of a local writers club's secretary. s1ep2 **10.15** 8 Out of 10 Cats Does Countdown (M) Sean Lock and Harry Hill take on Jon Richardson and Rosie Jones. **11.10** Who Do You Think You Are? (PG) Boy George expects to find sadness in his family tree, but delights in a new sense of his family being part of Irish history. **12.10am** Programmes continue

SoHo SKY 010

6.00 Equal (M) s1ep3 **6.55** Britannia (18) s3ep7 **7.45** A Discovery of Witches (M) s1ep1 **8.35** We're Here (M) s3ep4 **9.35** Equal (M) s1ep3 **10.15** Real Time with Bill Maher (M) s19ep7 **11.30** Our Cartoon President Marathon (16) s3ep1-15 **7.00** Our Cartoon President (16) Chuck Schumer and Nancy Pelosi try to avoid the responsibilities of governing by sabotaging their own party's electoral chances. s3ep16 **7.30** Our Cartoon President (16) With the election just days away, Trump must do the unthinkable: campaign one-on-one with average Americans. s3ep17 **8.00** Our Cartoon President (16) On election day, candidates, supporters, news media, and even Vladimir Putin, are gearing up to find out who'll be the next president. s3ep18 **8.30** Pose (16) After a startling health update, Pray Tell returns home to reconnect with his birth family. s3ep4 **9.30** ■ Transhood (2020, M) Documentary following four young people in Kansas City over five years as they and their families navigate growing up transgender in America's heartland. **11.05** Baptiste (16) s2ep1 **12.05am** Programmes continue

Living SKY 017

6.15 Home of the Year: Scotland (PG) **6.45** House Hunters (PG) **7.10** Buddy vs. Duff (PG) **7.55** Cupcake Wars (PG) **8.45** Salvage Hunters: The Restorers Marathon (PG) **11.15** Salvage Hunters (PG) **12.10** Every Family Has a Secret (PG) **1.05** Home of the Year: Scotland (PG) **1.35** House Hunters (PG) **2.00** Guy's Grocery Games (PG) **2.55** Beachside Brawl (PG) **3.50** Bakers vs. Fakers (PG) **4.45** Kings of the Wood Marathon (PG) **7.30** Rick Stein's Cornwall (PG) **8.30** Garden Rescue (PG) **9.30** Portillo's Greatest Railway Journeys (PG) **10.30** Exploring Northern Ireland (PG) **11.25** Guy's Grocery Games (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **7.45** Extreme Measures (M) **8.35** Still a Mystery (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** The Perfect Murder (M) **12.10** The Freeway Killer: Lost Murder Tapes (M) **2.00** The Atlanta Child Murders Marathon (M) **4.45** Ken and Barbie Killers: (M) **6.35** People Magazine Investigates (M) **7.30** Bad Henry (M) **9.30** Who Killed Leigh Jennings? (M) **10.30** Brittany Murphy: An ID Mystery (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Stars of the Silver Screen **8.00** The Brain **9.45** Molecules **11.00** Off Camera **Noon** Stars of the Silver Screen **1.00** Comedy Legends **1.45** Landmark **2.30** Stars of the Silver Screen **4.00** Talking Heads: Alan Bennett Monologues **4.30** The Artist's Workshop **4.45** The Choir **5.45** The Decisive Moment **6.00** Relics of the Future **7.00** The Artist's Workshop **7.15** Hans Zender: Thinking with Your Senses **8.15** The Decisive Moment **8.30** Quentin Blake: The Drawing of My Life **9.30** ■ Prophecy (2019, G) Documentary following the creation of Scottish painter Peter Howson's work Prophecy, from conception through completion. **11.00** Music on the Road **11.15** The Directors: John Schlesinger **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Pool Kings (PG) **7.45** Aussie Gold Hunters Marathon (PG) **12.10** Expedition: Back to the Future (PG) **1.05** Deadliest Catch (M) **2.00** Outback Opal Hunters (PG) **2.55** Gold Rush (M) **3.50** Expedition: Back to the Future Marathon (PG) **7.35** Building Alaska (PG) **8.30** Pool Kings (PG) **9.30** Homestead Rescue (PG) **11.25** Dual Survival (M) **12.15am** Programmes continue

National Geographic SKY 072

6.30 The 80s Top Ten (PG) **8.30** Colossal Machines (PG) **10.30** Wicked Tuna: Outer Banks Marathon (PG) **3.30** Air Crash Investigation (M) **4.30** America's Deadliest Volcano Disaster (PG) **5.30** Ukraine War from the Air (PG) **6.30** Bombing Pompeii (PG) **7.30** Apocalypse: Hitler Takes on the East (M) **8.30** Drain the Oceans (PG) **9.30** Air Crash Investigation (M) **10.30** Air Crash Investigation: Special Report (M) **11.30** Narco Wars (16) **12.30am** Programmes continue

History SKY 073

6.30 The Engineering That Built the World (PG) **7.20** The Australian SAS: The Untold History (PG) **8.25** Time Team **9.25** Crown & Country **9.55** The Machines That Built the World (PG) **10.45** Abandoned Engineering (PG) **11.40** Massive Engineering Mistakes **12.40** Abandoned Engineering (PG) **1.40** The Engineering That Built the World (PG) **2.30** The Australian SAS: The Untold History (PG) **3.40** Myth Hunters (PG) **4.40** Abandoned Engineering (PG) **5.40** 9/11: The Pentagon (PG) **6.30** Walking Britain's Lost Railways (PG) **7.30** Bridges That Built London (PG) **8.30** Steam Train Journeys (PG) The Ffestiniog and Welsh Highland Railway is keen to ensure that its steam trains have a future in the 21st century with a new £3m station at Caernarfon. **9.30** World War II in HD Colour (M) **10.30** Secret Nazi Bases (PG) **11.30** Europe's Last Warrior Kings (M) **12.40am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero: The Thaw Marathon (M) **8.30** 24 Hours in A&E (PG) **9.20** 24 Hours in A&E (M) **10.10** Strangest Things (PG) **11.50** Attenborough's Natural Curiosities (PG) **12.15** Elephant Hospital (PG) **1.55** Ireland with Simon Reeve (M) **2.55** Attenborough's Natural Curiosities (PG) **3.20** Dinosaur Apocalypse (PG) **4.15** Patrick Aryee's Life: First Steps (PG) **5.10** The Dog Rescuers (PG) **6.00** Attenborough's Natural Curiosities (PG) **6.25** Attenborough: 60 Years in the Wild (PG) **7.25** Ireland with Simon Reeve (M) Simon Reeve concludes his Irish journey in the Wicklow Mountains. **8.30** The Bear Family & Me (PG) **9.30** Life Below Zero (M) **10.20** Strangest Things (PG) **12.05am** Programmes continue

BBC Earth: The Bear Family & Me, 8.30pm

SKY SPORT

Sky Sport 1 SKY 051

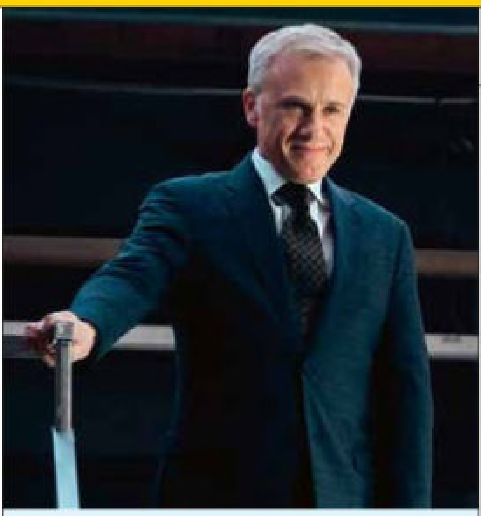
6.00 UFC on Sky **6.40** Super Rugby Pacific, Waratahs v Brumbies **8.40** Gallagher Premiership, Bath v Bristol, **live** **10.45** Super Rugby Pacific, Crusaders v Chiefs **1.05** Super Rugby Pacific, Waratahs v Brumbies **1.25** Super Rugby Aupiki Preseason **1.45** Super Rugby Aupiki, Hurricanes Poua v Chiefs Manawa, **live** **4.20** Super Rugby Aupiki, Matatū v Blues, **live** **6.45** Super Rugby Pacific, Highlanders v Blues, **live** **9.30** Super Rugby Pacific, Reds v Hurricanes, **live** **11.55** Super Rugby Pacific, Force v Rebels, **live** **2.00am** Super Rugby Aupiki, Hurricanes Poua v Chiefs Manawa **2.15** Super Rugby Aupiki, Matatū v Blues **2.30** Super Rugby Pacific, Moana Pasifika v Fijian Drua **2.45** Super Rugby Pacific, Highlanders v Blues **3.00** Super Rugby Pacific, Reds v Hurricanes **3.15** Six Nations, Italy v Ireland, **live** **5.25** Super Rugby Pacific, Moana Pasifika v Fijian Drua **5.45** Super Rugby Pacific, Highlanders v Blues

Sky Sport 2 SKY 052

6.00 FIFA Women's World Cup Play-Off, match 3 winner v match 4 winner **8.05** Six Nations Under 20s, Wales v England, **live** **10.15** ICC Women's T20 World Cup, semi-final 2 **1.45** Premier League, Fulham v Wolverhampton Wanderers **3.45** FIFA Women's World Cup Play-Off, Chinese Taipei v Paraguay **4.00** Super Rugby Pacific, Moana Pasifika v Fijian Drua, **live** **7.00** UFC on Sky **7.30** FIFA Women's World Cup Play-Off Friendly, Football Ferns v Argentina **9.30** FIFA Women's World Cup Play-Off, Portugal v match 1 winner **10.00** FIFA Women's World Cup Play-Off, Chile v match 2 winner **10.30** FIFA Women's World Cup Play-Off, match 3 winner v match 4 winner **11.00** ATP 500, Rio Open, day 5, match of the day **12.30am** ATP 500, Rio Open, day 5 **1.30** FIFA Women's World Cup Play-Off, runners-up matches **2.00** Cycling, Omloop Het Nieuwsblad, **live** **4.30** Super Rugby, Aupiki, Hurricanes Poua v Chiefs Manawa **5.00** UFC on Sky **5.35** Six Nations, Wales v England, **live**

Sky Sport 3 SKY 053

7.00 No Boundaries **7.30** ICC Women's T20 World Cup, West Indies v Ireland **7.50** Pakistan Super League, Peshawar Zalmi v Islamabad United **8.20** ICC Women's T20 World Cup, semi-final 1 **8.50** Six Nations Under 20s, France v Scotland, **live** **11.00** Pakistan Super League, Quetta Gladiators v Lahore Qalanders **11.30** Pakistan Super League, Multan Sultans v Karachi Kings **11.55** Women's National Cricket League, final, **live** **8.00** ICC Women's T20 World Cup, semi-final 1 **8.20** ICC Women's T20 World Cup, semi-final 2, replay **11.50** Pakistan Super League, Peshawar Zalmi v Islamabad United, replay **3.50am** Premier League, Leeds v Southampton, **live**



Dark comedy: THE CONSULTANT

It's a role that could have been written for Christoph Waltz, except this eight-part series is based on a 2015 novel by American horror writer Bentley Little. Waltz plays Regus Patoff, who arrives at an app gaming company after the CEO dies. It appears he then subjects the employees to psychologically testing and/or life-threatening situations. It's not clear whether Patoff's directive that remote workers must be in the office within one hour or "be terminated" came before Elon Musk ended remote working at Twitter. But Waltz joked, "Musk is copying us!" in an interview. The cast includes *The White Lotus'* Brittany O'Grady.

AMAZON PRIME VIDEO

Music: SLEAFORD MODS LIVE AT 100 CLUB

Post-punk duo Sleaford Mods have been around since 2007, but they're certainly having a moment. Their excoriating lyrics, set to a minimalist electronic backing, take aim at social and economic divides in Britain: here's a gig at the iconic 100 Club in support of their album *All That Glue*.

SKY ARTS, 9.50pm

TVNZ 1 FREEVIEW 1 SKY 001

6.00	**The Great British Sewing Bee** (G, R, **C**, **AD**)
7.15	**Tagata Pasifika** (R)
7.40	**Songs of Praise** (G, **C**) Rev Richard Coles meets people passionate about poetry, including Poet Laureate Carol Ann Duffy.
8.10	**Susan Calman's Grand Week by the Sea** (G, R, **C**, **AD**) s1ep2
9.00	**Q+A with Jack Tame** (**C**) Political interviews and discussions.
10.00	**Sik Fan Lah!** (PG, **C**, **AD**) Kiwi-Chinese foodies go on a culinary adventure.
10.30	🟥 **Indigenous 100** (G, R, **C**, **AD**) Julian Wilcox meets indigenous leaders.
11.00	**Passengers** (G, R, **C**, **AD**) During the early 1940s, women from the Cook Islands came to Aotearoa as part of a labour scheme.
11.55	**Attitude** (PG, R, **C**, **AD**) Maisie Chilton lives with cerebral palsy and although she grew up around her mother's art, she didn't think she'd paint. However, since her mother's death, Maisie has become an artist.
12.25	**Fair Go** (R, **C**) With Pippa Wetzell and Hadyn Jones.
12.55	**Sunday** (R, **C**) Miriama Kamo presents current affairs.
1.55	**Nigella's Cook, Eat, Repeat** (G, R, **C**, **AD**)
2.45	**Serengeti** (G, R, **C**, **AD**) In the aftermath of a storm, the animals are on the move. s2ep2
3.55	**NZ Hunter Adventures** (PG, R, **C**) Fiona joins Greg on a South Westland tahr and chamois rut trip. s8ep9
5.00	**The Chase** (G, **C**)
6.00	**1 News** (**C**)
7.00	**Country Calendar** (PG, **C**, **AD**) A Central Otago sheep-farming couple have built a business around coloured wool, carding, spinning and dyeing their own, along with wool grown by other farmers.
7.30	**Sunday** (**C**) Miriama Kamo presents current affairs.
8.30	**Under the Vines** (PG, **C**, **AD**) In order to secure a loan, Daisy and Louis have to babysit the bank manager's prize turkey. s2ep3
9.30	**Bloodlands** (M, **C**, **AD**) Tom and Olivia work together outside the official police investigation. s2ep3
10.45	**Lie with Me** (16, R, **C**, **AD**) Anna continues to confide in Becky, unaware that she and Jake are plotting against her. s1ep2
11.45	**The Investigation** (M) Swedish cadaver dogs are brought in to help with the investigation. s1ep4
12.35am – 6.00	**Infomercials**

TVNZ 2 FREEVIEW 2 SKY 002

6.00	**Darwin & Newts** (G, R, **C**, **AD**)
6.10	**Peppa Pig** (G, R, **C**)
6.20	**Kangaroo Beach** (G, R, **C**)
6.40	**Bluey** (G, R, **C**)
6.55	**Master Moley** (G, R, **C**)
7.10	**Tales of Nai Nai** (G, R, **C**, **AD**)
7.20	**Trollstopia** (G, R, **C**)
7.45	**The Tom and Jerry Show** (G, R, **C**)
8.10	**Agent Binky: Pets of the Universe** (G, R, **C**)
8.55	🟥 **Ruby and the Well** (G, **C**)
9.45	**K-Pop Academy** (G, R, **C**, **AD**)
10.00	**Home and Away Omnibus** (PG, R, **C**)
Noon	**Shortland Street Omnibus** (PG, R, **HD**, **C**, **AD**)
2.30	**Treasure Island: Fans v Faves Omnibus** (PG, R, **C**, **AD**)
5.30	**The Dog House** (G, R, **C**, **AD**) Pebbles the chunky Lhasa meets David the paralympian, and slobbery bulldog Shane shows the other dogs how it's done. s3ep2
6.30	**Domino Masters** (G, **C**, **AD**) Eric Stonestreet hosts a US game show in which four teams of domino enthusiasts compete. Tonight, four new teams are given custom elements to incorporate into their Rube Goldberg-style topples. s1ep2
7.30	**Caught on Dashcam** (PG, **C**) The thrills and spills of driving around the world are caught on camera, from high-octane police chases to failed stunts and heroic acts of rescue. s3ep2
8.30	🟦 **Jack Ryan: Shadow Recruit** (2014, M, R, **C**, **AD**) An undercover CIA agent uncovers a Russian plot to launch a terrorist attack on the US. Chris Pine, Keira Knightley, Kevin Costner, Kenneth Branagh, Colm Feore. **TV Films, page 69**
10.35	🟦 **Annabelle Comes Home** (2019, 16, R, **C**) Demonologists Ed and Lorraine Warren confine Annabelle in a blessed glass case, but a friend of their daughter's babysitter inadvertently sets the demonic doll free. Vera Farmiga, Patrick Wilson, Mckenna Grace.
12.40am	🟧 **My Online Nightmare** (16, **C**) Documentary series about scammers and fraudsters who lured their victims via the internet. s1ep1
1.30	**Mysteries & Scandals** (M, R, **C**)
2.15	**Mark of a Killer** (16, **C**) s1ep2
3.00	🟥 **Bates Motel** (16, **C**) s3ep10
3.50	**2 Tunes**
4.05	**Infomercials**
4.30	**Religious Programming**
5.00 – 6.00	**Infomercials**

THREE FREEVIEW 3 SKY 003

6.00	**Life TV**
6.30	**Leading the Way**
7.00	**Charles Stanley**
8.00	**Life TV**
8.30	**Turning Point**
9.00	**Extreme Couponing: All Stars** (PG, **C**)
9.25	**A New Zealand Food Story** (PG, R, **C**)
9.50	**Newshub Nation** (R, **C**) With Simon Shepherd and Rebecca Wright.
10.50	**How Do Animals Do That?** (G, R, **C**)
11.15	**Dude, You're Screwed** (PG, R, **C**)
Noon	**American Loggers** (PG, **C**)
1.00	**Australian V8 Superboats Championship**
2.00	**FIA Motorsport Games** Coverage from Marseille.
4.00	**Suzuki Series** Round 3, Cemetery Circuit.
5.00	**ITM Fishing** (PG, R, **C**)
5.30	**Piri's Tiki Tour** (G, R, **C**)
6.00	**Newshub Live** (**C**)
7.00	**Married at First Sight Australia** (PG, **C**, another episode screens tomorrow)
8.30	🟦 **Terminator Genisys** (2015, M, **C**, **AD**) When John Connor sends Kyle Reese back to 1984 to protect Sarah Connor, unexpected events create a fractured timeline. Emilia Clarke, Arnold Schwarzenegger, Jason Clarke.
10.45	**Whiskey Cavalier** (M, **C**) s1ep2
11.45	**Dragnificent!** (PG, **C**)
12.40am	**Infomercials**
5.30 – 6.00	**AM Early** News, information and weather.

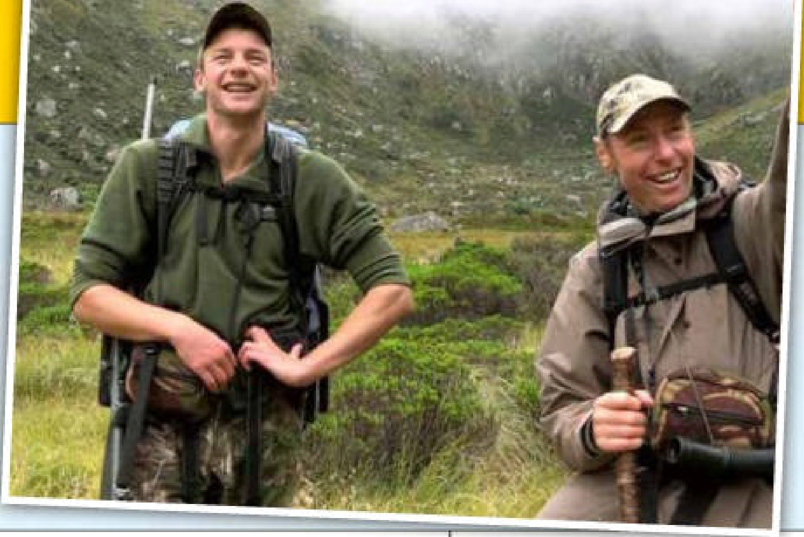
PRIME FREEVIEW 10 SKY 004

6.00	**Kids' Programmes** (**C**)
7.00	**Religious Programming** (PG)
10.00	**Antiques Roadshow** (G, R, **C**)
11.00	**NXT** (PG, R)
Noon	**ICC Women's T20 World Cup Highlights** (G, **C**) Semi-final 2, from Cape Town.
12.30	**The Loggers** (PG, R, **C**)
1.00	**Pawn Stars** (PG, R)
2.00	**Traffic Cops** (PG, R, **C**)
3.00	**Designing Dreams** (G, R, **C**)
4.00	**Weather Gone Viral** (PG, R, **C**)
5.00	**Rugby Nation** (G)
5.30	**Prime News**
6.00	**Pawn Stars** (PG, R)
7.00	**Storage Wars** (PG, **C**)
7.30	**Outback Truckers** (PG, R, **C**)
8.30	**Not Even** (16, **C**) Liz tries to impress her whānau.
9.00	**SIS: The Show** (M, **C**) The writers struggle for ideas.
9.30	**Rurangi: Rising Lights** (16, **C**) Caz tries to convince Anahera to host a Rainbow Youth Group in her op shop.
10.00	**SmackDown** (PG)
11.00	**Barry** (16, **C**)
12.30am – 6.00	**Infomercials**

🟩 **NEW** 🟧 **RETURN** 🟥 **FINAL** 🟦 **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 Kids' Programmes
8.30 Easy Eats (G, R)
9.00 Whānau Bake-Off (G, R)
10.00 Life of Kai (G, R)
10.30 Tagata Pasifika
11.00 Te Ao Mārama
11.30 Moko (PG, R)
Noon Te Ao Tapatahi
12.30 ■ **Playmobil: The Movie** (2019, PG, R) Voice of Anya Taylor-Joy.
2.00 Africa's Wild Horizon (G, R)
3.00 Heritage Rescue (G, R)
4.00 Marae DIY (G, R)
5.00 Tōku Whare Kōhanga Reo (G, R)
5.30 Te Wānanga o Aotearoa National Sprints 2019 (R)
6.30 Going Native (G, R) Drew Hayden Taylor explores the positive impacts of native culture around the globe.
7.00 Skindigenous (G, R) Series about Indigenous tattooing traditions around the world.
7.30 Matangireia (G, R) Te Ururoa Flavell.
8.00 Lucky Dip on the Road (G) With Luke Bird and Marcia Hopa.
8.30 ■ **My Afternoons with Margueritte** (2010, M, R) A semi-literate and lonely odd-job man bonds with an older, well-read woman. Gerard Depardieu, Gisèle Casadesus, Sophie Guillemin.
10.00 – 11.00 Tāringa (G, R)



Hunting: NZ HUNTER ADVENTURES

Even if hunting isn't your thing, the stunning landscapes are everyone's bag. Father and son Greg and Willie Duley are back for a ninth season, beginning with an epic adventure on the West Coat in which "the trophy of a lifetime" was obtained.
TVNZ DUKE, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 Shark Tank (PG, R)
9.15 Hollywood Medium (PG, R)
10.05 Stop Search Seize (PG, R)
10.55 Botched (PG, R)
11.40 Love It or List It (G, R)
1.30 Undercover Boss (PG, R)
2.30 NZ Clubhouse Rescue (G, R)
3.30 Love It or List It Vancouver (G, R)
6.30 Tiny House Nation (PG) A couple who love rock climbing and hiking want a tiny house that fits their lifestyle.
7.30 ■ **Lost in Translation** (2003, M, R, **C**) A fading movie star and a neglected newlywed meet in Tokyo and form an unlikely bond. Bill Murray, Scarlett Johansson, Giovani Ribisi.
9.40 999: What's Your Emergency? (16, R) UK series.
10.40 24 Hours in Emergency (M, R)
11.35 An Unexpected Killer (M, R)
12.25am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 Key of David
6.30 Through the Bible
7.00 Leading the Way
7.30 Turning Point
8.00 Girl Meets Farm (G)
8.25 The Best Thing I Ever Ate (G, R)
9.15 Museum Mysteries (PG, R)
10.00 American Pickers (PG, R)
10.45 Antiques Roadshow (G)
11.30 Flea Market Flip (G, R)
Noon Chopped Sweets (G)
1.00 Ridiculous Cakes (G)
1.30 Celebrity Catchphrase (G, R)
2.30 It's Me or the Dog UK (PG, R)
3.00 Dr Dee: Alaska Vet (PG)
4.00 Bake Off: The Pros (PG)
5.00 Museum Mysteries (PG, R)
6.00 American Pickers (PG, R)
7.00 Baggage Battles (PG, R)
7.30 Moonshiners (M)
8.30 ■ **J. Edgar** (2011, M) Leonardo DiCaprio.
TV Films, page 69
11.10 Forged in Fire (PG)
12.05am Flea Market Flip (G, R)
12.30 – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 Tanked (PG, R)
7.40 Junkyard Empire (PG, R)
8.30 Building Off the Grid: Ozark Paradise (G, R)
9.20 Bristol Bay Brawl (PG, R)
10.10 The Alaska Experiment (PG, R)
11.00 Fastest Cars in the Dirty South (PG, R)
11.50 Garage Squad (PG, R)
1.30 Overhaulin' Marathon (PG, R)
5.45 Garage Squad (PG)
6.35 Street Science (PG, R)
7.30 Junkyard Empire (PG)
8.30 Wrench'd (PG) The team take on a 1960 DeVille and a battered 1998 Harley bagger in desperate need of an overhaul.
9.25 Cuban Chrome (PG) Demetrio gets his car painted, but a thunderstorm threatens to ruin the paint job.
10.25 Airplane Repo (PG)
11.20 Garage Squad (PG, R)
12.15am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 On Duke Today
7.00 DUKEbox Music
12.40 The Cube (G, R, **C**)
2.25 Impossible Engineering (G, R, **C**, **AD**)
3.20 Xploration: Awesome Planet (G, R)
3.45 Australian Survivor: Brains v Brawn (PG, R, **C**)
5.05 River Monsters (PG, R, **C**)
6.00 Ten 7 Summer (PG, **C**)
6.30 Fish of the Day (G, **C**) s5ep8
7.05 Family Guy (PG, R, **C**, **AD**)
7.30 The Simpsons (G, R, **C**) s10ep13
8.30 ■ **NZ Hunter Adventures** (PG, **C**) The crew hunt alpine tahr and chamois on the West Coast. s9ep1
9.35 Aussie Bull Catchers (M) The Cooks have one day to catch 16 bulls. s1ep5
10.10 Tougher Than It Looks (G) Andrew tries breaking records, including opening the most beer bottles with a chainsaw. s1ep5
10.35 Wild Kai Legends (M, R, **C**) s3ep4
11.05 Secrets of the Supercars (G, R, **C**) s1ep5
11.55 – 1.25am Russell Howard (16, R) Recorded in Bristol.

SKY PREMIERE SKY 030

6.15 The Fallout (2021, 16) Jenna Ortega, Maddie Ziegler
7.50 Cry Macho (2021, M) Clint Eastwood, Eduardo Minett
9.35 Dear Evan Hansen (2021, M) Ben Platt, Kaitlyn Dever
11.55 Ambulance (2022, 16) Jake Gyllenhaal
2.10 Downton Abbey: A New Era (2021, PG) Hugh Bonneville, Maggie Smith
4.15 Big Gold Brick (2022, 16) Andy Garcia, Emory Cohen
6.25 The 355 (2022, M) When a top-secret weapon falls into mercenary hands, a CIA agent joins forces with three international agents to retrieve it. Jessica Chastain, Penelope Cruz
8.30 Jurassic World Dominion (2022, M) Four years after Isla Nublar was destroyed, dinosaurs live and hunt alongside humans. Chris Pratt, Bryce Dallas Howard
TV Films, page 69
10.56 No Sudden Move (2021, 16) Don Cheadle
12.47am Spider-Man: No Way Home (2021, M) **3.10** Blue Bayou (2020, M) **5.04** Christmas Takes Flight (2021, G)

MOVIES CLASSICS SKY 034

6.05 The Net (1995, M) Sandra Bullock, Jeremy Northam
8.00 Natural Born Killers (1994, 18) Woody Harrelson, Juliet Lewis
9.55 The Color Purple (1985, PG) Whoopi Goldberg, Danny Glover
12.25 The Remains of the Day (1993, PG) Anthony Hopkins, Emma Thompson
2.35 Young Guns II (1990, PG) Emilio Estevez, Kiefer Sutherland
4.20 Purple Rain (1984, M) Prince, Apollonia Kotero
6.10 The Green Berets (1968, PG) A colonel leads a team of Green Berets into enemy territory on a quest to capture a Viet Cong general. John Wayne, George Takei
8.30 Bugsy (1991, M) Based on the life of gangster "Bugsy" Siegel as he establishes Las Vegas as a city of fortune. Warren Beatty, Annette Bening, Harvey Keitel
10.45 Silverado (1985, PG) Kevin Costner, Kevin Kline
12.55am The Candidate (1972, PG) **2.45** Batman Forever (1995, PG) **4.45** Philadelphia (1993, PG)

RIALTO SKY 039

7.40 Maryam (2020, M) Jennifer Ward-Lealand
7.55 The Conservation Game (2021, M) US documentary.
9.30 Nitram (2021, 16) Judy Davis
11.20 The Rose Maker (2020, M) Catherine Frot
12.55 War of the Worlds Marathon (16) s2ep5-8
4.15 The Painter and the Thief (2020, M) Norwegian documentary.
6.00 The Traitor (2019, 16) Pierfrancesco Favino
8.30 Rialto British: Reel Britannia (M) 1990-2010: One big production company becomes the last one standing and its highly successful formulas change British film forever. s1ep4
9.55 Rose Plays Julie (2019, M) A young woman seeks out her birth mother, triggering a string of events that change both their lives. Ann Skelly, Orla Brady
11.40 No Man's Land (2020, M) Frank Grillo
1.35am Killing Escobar (2021, 16) **3.10** The Rose Maker (2020, M) **4.45** The Painter and the Thief (2020, M)

SUNDAY FEBRUARY 26

SKY CHANNELS

Vibe SKY 006

6.25 Born Different (M) s1ep9&10 **7.25** Judge Judy (PG) **9.30** Covert Affairs Omnibus (M) **2.30** ■ Emerson Heights (2020, M) Austin James. **4.30** Kids Say the Darndest Things (G) s1ep5 **5.30** Ski A&E (M) s1ep9 **6.30** Inside the Ambulance (M) s8ep9 **7.30** Dream Home Rescue (PG) s2ep9 **8.30** A Motorhome Adventure (PG) Lesley Joseph faces her fear of heights in the mountainous region of Glen Coe, Scotland, and Melvyn Hayes swaps his usual tipple for the country's most famous export, malt whisky. s1ep3 **9.30** V.C. Andrews' Fallen Hearts (M) Now happily married, Heaven is persuaded to live among the wealthy at Farthinggale Manor, but ghosts from her past threaten her future. **11.10** Kids Say the Darndest Things (G) s1ep5 **12.10am** Programmes continue

BBC UKTV SKY 007

6.00 All Round to Mrs Brown's Marathon (M) **8.30** Hypothetical (M) s2ep7 **9.15** Holby City (M) s21ep44 **10.15** EastEnders Marathon (PG) **12.15** The Jonathan Ross Show (M) s17ep8 **1.05** 8 Out of 10 Cats Does Countdown (M) **1.55** Midsomer Murders (M) s1ep2 **3.40** Call the Midwife (PG) s3ep8 **4.45** The Good Karma Hospital (PG) s1ep4 **5.35** Professor T (PG) s2ep1 **6.25** Death in Paradise (M) s11ep4 **7.30** Joanna Lumley's Silk Road Adventure (PG) Joanna continues her adventure across the rapidly changing post-Soviet states of Georgia and Azerbaijan. s1ep2 **8.25** Who Do You Think You Are? (PG) Footballer Alex Scott learns about her Jewish and Jamaican ancestry. **9.30** Call the Midwife (PG) Valerie helps a struggling mother accept her son's birth defect, and the team try to unite an estranged mother and daughter who are both pregnant. s8ep3&4 **11.40** Casualty (PG) s37ep18 **12.30am** Programmes continue

SoHo SKY 010

6.00 Our Cartoon President Marathon Continues (16) s3ep6-18 **12.25** Real Time with Bill Maher (M) s19ep11 **1.25** Pose (16) s3ep4 **2.15** Baptiste (16) s2ep1 **3.15** Riviera (16) s2ep10 **4.00** ■ Transhood (2020, M) Documentary. **5.35** I'll Be Gone in the Dark Special (18) **6.25** Your Honor (16) s1ep2 **7.30** Shameless (18) When the Milkovich family move in next door, Frank, Kev and Liam plot to get rid of them. s11ep4 **8.30** The Fear Index (16) A computer science genius prepares to launch an AI-driven system that exploits fear in the financial markets. s1ep1 **9.30** Super Pumped: The Battle for Uber (M) Uber hires someone big to rein in their toxic culture problem. s1ep6 **10.30** Real Time with Bill Maher (M) s21ep5 **11.30** Moonbase 8 (M) s1ep3 **11.55** Fleabag (18) s2ep6 **12.25am** Programmes continue

Living SKY 017

6.15 Guy! Hawaiian Style (PG) **7.05** Bakers vs. Fakers (PG) **7.55** Escape to the Perfect Town (PG) **8.45** House Hunters (PG) **9.35** Exploring Northern Ireland (PG) **10.30** Great British Railway Journeys (PG) **11.30** Rick Stein's Cornwall (PG) **12.30** Delicious Miss Brown (PG) **1.00** Barefoot Contessa: Back to Basics (PG) **1.30** Girl Meets Farm (PG) **2.00** Cake Boss (PG) **2.55** Buddy vs. Duff (PG) **3.50** Cupcake Wars (PG) **4.45** Bake You Rich (PG) **5.40** My Big Family Farm (PG) **7.30** Escape to the Chateau (PG) **8.30** Salvage Hunters: The Restorers (PG) **9.30** Long Lost Family US (PG) **10.30** Cake Boss (PG) **11.30** Buddy vs. Duff (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 I (Almost) Got Away with It (M) **6.55** Love, Honour, Betray (M) **7.45** In Pursuit with John Walsh (M) **8.35** People Magazine Investigates (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** The Perfect Murder (M) **12.10** Still a Mystery (M) **1.05** Body Cam (M) **2.00** Who Killed Leigh Jennings? (M) **2.55** Brittany Murphy: An ID Mystery (M) **3.50** People Magazine Investigates Marathon (M) **8.30** Extreme Measures (M) **9.30** Still a Mystery (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

7.00 Music on the Road **7.15** The Directors **8.00** Salzburg Festival 2021: Mozart's Don Giovanni **11.30** Hans Zender: Thinking with Your Senses **12.30** Quentin Blake: The Drawing of My Life **1.30** ■ Prophecy (2019, G) **3.00** Music on the Road **3.15** The Directors **4.00** Salzburg Festival 2020: András Schiff Conducts Schubert and Janáček **5.50** The Little Mozarts **6.45** The Artist's Workshop **7.00** Put Some Colour in Your Life **7.30** Rock Legends: Blondie **8.30** ■ Madness: The Get Up! (2021, G) During lockdown Madness rehearse in Mike's mother's living room and then play a show at the London Palladium. **9.50** Sleaford Mods Live at 100 Club **10.50** ■ Zurbarán and His Twelve Sons (2020, G) Director Arantxa Aguirre explores the meaning of the series of 13 canvases painted by Francisco de Zurbarán. **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Expedition Unknown (PG) **7.45** Expedition X (PG) **8.35** Deadliest Catch (M) **9.25** Building Alaska (PG) **10.20** Expedition: Back to the Future (PG) **11.15** Outback Opal Hunters (PG) **12.10** Gold Rush (M) **1.05** Mighty Cruise Ships (PG) **2.00** Building Alaska Marathon (PG) **7.30** Outback Opal Hunters (PG) **8.30** Naked and Afraid XL (M) **10.30** Dual Survival (M) **11.25** Mysteries of the Deep (PG) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Ocean Wreck Investigation (PG) **7.30** Ultimate Airport Dubai (PG) **9.30** Gordon Ramsay: Uncharted (M) **10.30** Invasion Earth (PG) **12.30** Hunting Hitler's Bomb (PG) **1.30** Bombing Pompeii (PG) **2.30** Drain the Oceans Best of (PG) **3.30** Lost Treasures of Rome (PG) **4.30** No Man Left Behind (M) **5.30** Air Crash Investigation (M) **7.30** Food Factory (PG) **8.30** Bombing Pompeii (PG) **9.30** Attack on Pearl Harbor: Minute by Minute (M) **11.30** To Catch a Smuggler (M) **12.30am** Programmes continue

History SKY 073

6.30 World War II in HD Colour (M) **7.30** Secret Nazi Bases (PG) **8.30** Time Team **9.30** Walking Britain's Lost Railways (PG) **10.30** Steam Train Journeys (PG) **11.30** World War II in HD Colour (M) **12.30** Secret Nazi Bases (PG) **1.30** Europe's Last Warrior Kings (M) **2.45** The Titans That Built America (M) **4.30** Modern Marvels: Machines (PG) **5.20** The Atom & Us (PG) **6.30** Abandoned Engineering (PG) **7.30** Colosseum (M) By the 4th century, a divided Roman Empire is rocked by earthquakes, fires, barbarian invasions and deep religious divides. **8.30** Eight Days That Made Rome (M) Bettany Hughes explores the day in 202BC when Rome took on and defeated Carthage under Hannibal at the Battle of Zama. **9.30** American Dynasty (PG) **10.35** Modern Marvels: Machines (PG) **11.25** The Atom & Us (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero (M) **6.50** Evolve with Patrick Aryee (PG) **7.45** Louis Theroux: Life on the Edge (M) **8.40** Trust Me, I'm a Doctor (PG) **9.35** Earth's Natural Wonders Marathon (PG) **12.20** 6 Puppies and Us (PG) **1.25** 10 Puppies and Us (PG) **2.30** 24 Hours in A&E (PG) **3.20** Evolve with Patrick Aryee (PG) **4.15** Attenborough: Birds of Paradise (PG) **5.20** Ireland with Simon Reeve (M) **6.25** Life Below Zero (M) **7.20** 6 Puppies and Us (PG) **8.25** Waterhole: Africa's Animal Oasis (PG) **9.30** Evolve with Patrick Aryee (PG) **10.30** Trust Me, I'm a Doctor (PG) Michael Mosley tests the best way to beat stress. **11.30** Earth's Natural Wonders Marathon (PG) **2.10am** Programmes continue

SoHo: Transhood, 4.00pm

SKY SPORT

Sky Sport 1 SKY 051

6.05 World Rugby Sevens Series, Los Angeles, day 1, live **1.50** Super Rugby Pacific, Highlanders v Blues **2.05** Super Rugby Pacific, Reds v Hurricanes **2.20** World Rugby Sevens Series, Sydney, women's final **2.30** World Rugby Sevens Series, Los Angeles, day 1, live **4.30** Six Nations, Wales v England, replay **6.30** ATP 500, Rio Open, day 6 **7.30** The Breakdown **8.30** Rugby Nation **9.00** Super Rugby Pacific, Force v Rebels, replay **11.00** Super Rugby Pacific, Highlanders v Blues, replay **1.00am** Super Rugby Aupiki, Hurricanes Poua v Chiefs Manawa **1.15** Super Rugby Aupiki, Matatū v Blues **1.30** ICC Women's T20 World Cup, final, from Newlands Cricket Ground, Cape Town, live **5.30** Super Rugby Pacific, Moana Pasifika v Fijian Drua **5.45** World Rugby Sevens Series, Los Angeles, day 2, live

Sky Sport 2 SKY 052

7.45 Six Nations, Italy v Ireland, replay from Stadio Olimpico, Rome **9.45** Super Rugby Pacific, Reds v Hurricanes, replay from Queensland Country Bank Stadium, Townsville **11.45** Super Rugby, Aupiki, Matatū v Blues **Noon** Super Rugby Pacific, Moana Pasifika v Fijian Drua **12.15** Six Nations, Italy v Ireland **12.30** Six Nations, Wales v England **12.50** A-League Women, Wellington Phoenix v Sydney FC, live **3.00** Super Rugby Pacific, Highlanders v Blues, replay from Forsyth Barr Stadium, Dunedin **5.00** Super Rugby Aupiki, Matatū v Blues, replay from Forsyth Barr Stadium, Dunedin **7.00** Super Rugby Pacific, Moana Pasifika v Fijian Drua **7.15** Super Rugby Pacific, Force v Rebels **7.30** Six Nations, Italy v Ireland, replay from Stadio Olimpico, Rome **9.30** Six Nations, Wales v England replay from Principality Stadium, Cardiff **12.30am** Six Nations Under 20s, Wales v England, replay **2.30** Rugby Nation **3.00** Super Rugby Pacific, Force v Rebels **3.15** Six Nations, Italy v Ireland **3.30** Six Nations, Wales v England **3.50** Six Nations, France v Scotland, from Stade de France, Paris, live

Sky Sport 3 SKY 053

6.00 A-League Women, Canberra v Western Sydney Wanderers, replay **8.00** ICC Women's T20 World Cup, semi-final 2 **8.30** Women's National Cricket League, final, replay **4.00** Marsh One-Day Cup, Queensland v New South Wales, from The Gabba, Brisbane, live **12.05am** ICC Women's T20 World Cup, Sri Lanka v Australia **12.25** ICC Women's T20 World Cup, White Ferns v Bangladesh **12.55** Pakistan Super League, Peshawar Zalmi v Islamabad United **1.25** Pakistan Super League, Quetta Gladiators v Islamabad United **1.55** ICC Women's T20 World Cup, West Indies v Ireland **2.20** ICC Women's T20 World Cup, England v India **2.50** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi, live

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**C**) Jenny-May Clarkson, Anna Burns-Francis, Matt McLean and Chris Chang present news, sport, information and weather.
9.00 **Lingo** (G, R, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**C**)
12.30 **Emmerdale** (PG, **C**, **AD**) Cain feasts on Will's despair, Marcus arrives home from a failed date with Ethan, and a grieving Vinny emotionally toasts to Liv's 21st birthday.
1.30 **Coronation Street** (M, R, **C**, **AD**) Carla instructs Stephen to salvage the deal with Rufus.
2.00 **Millionaire Hot Seat** (G, **C**) Hosted by Eddie McGuire.
3.00 **Tipping Point** (G, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **C**, **AD**) Corrections dog Gemma smashes her first big-time search for tobacco, cellphones and synthetics.
5.00 **The Chase** (G, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**C**)
7.00 **Seven Sharp** (**C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **Fair Go** (**C**) Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
8.00 **Highway Cops** (PG, **C**, **AD**) A hot-pool soak before hitting the road sends a driver to sleep, and there's no social distancing when a short-tempered motorist gets up in Sergeant Martin's face.
8.30 🟥 **Frozen Planet II** (G, **C**, **AD**) Frozen worlds that have reached a tipping point, and as their future hangs in the balance, so does ours. s2ep6
9.50 **Here Come the Gypsies** (16, **C**, **AD**) John clashes with locals and is accused of trespassing as he tries to find his ideal spot, and Romany Gypsy Lee "the Horse Dentist" plies his trade filing down horses' teeth. s1ep2
10.50 **1 News** (**C**)
11.20 **Shortland Street** (PG, R, **C**, **AD**)
11.50 **First Responders** (M, R, **C**, **AD**)
12.45am **Q+A with Jack Tame** (R, **C**)
1.45 **Te Karere** (R)
2.10 **Infomercials**
5.30 – 6.00 **Te Karere** (R)

TVNZ 2 FREEVIEW 2 SKY 002

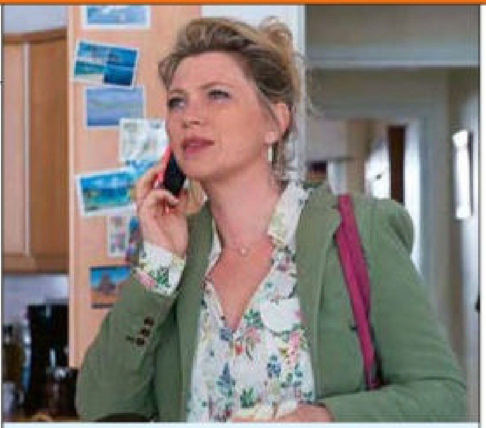
6.00 **Les Mills Born to Move** (G, R, **C**)
6.25 **Kiri and Lou** (G, R, **C**, **AD**)
6.30 **Maia the Brave** (G, R, **C**, **AD**)
6.40 **Takaro Tribe** (G, R, **C**, **AD**)
6.55 **Darwin and Newts** (G, R, **C**, **AD**)
7.05 **Scooby Doo! Guess Who** (G, **C**)
7.25 **Miraculous: Tales of Ladybug and Cat Noir** (G, R, **C**)
7.50 **Ninjago** (G, R, **C**)
8.15 🟥 **Mecha Builders** (G, **C**)
8.35 **Alma's Way** (G, **C**)
9.00 **Infomercials**
9.30 **Les Mills Adult Classes** (G, R, **C**)
10.00 **Home and Away** (PG, R, **C**)
11.00 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
12.30 **Treasure Island: Fans v Faves** (G, R, **C**, **AD**)
2.35 **The Drew Barrymore Show** (PG, **C**)
3.35 **Jamie Johnson** (G, **C**) s7ep9
4.05 **The Worst Witch** (G, **C**)
4.35 **Sabrina the Teenage Witch** (G, R, **C**)
5.00 **Pictionary** (PG, **C**)
5.30 **Friends** (G, R, **C**) s5ep7
6.00 **The Simpsons: Treehouse of Horror** (PG, R, **C**) On Halloween, the Simpsons are menaced by a computer controlling an automated house. s13ep1
6.30 **Home and Away** (PG, **C**) Theo catches Ava's eye, Felicity breaks Tane's heart, and Mackenzie is torn between business and friendship.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Rahu is crushed, Madonna is in agony, and TK is torn.
7.30 **Treasure Island: Fans v Faves** (PG, **C**, **AD**, another episode screens tomorrow) The fate of the final six lies in Art's hands.
8.30 **Fire Country** (M, **C**, **AD**) A former firefighter harbouring a grudge against Sharon returns. s1ep11
9.25 **So Help Me Todd** (PG, **C**, **AD**) When Margaret is disappointed that no one but Todd can attend her family Thanksgiving dinner, Todd tries to convince his brother to come home. s1ep7
10.25 **Educators** (16, **C**) Jarred takes up cage fighting, and Robyn uncovers a fake ID operation. s3ep2
11.00 **Two and a Half Men** (PG, R, **C**) s10ep6
12.20am **Batwoman** (M, R, **C**, **AD**) s2ep1
1.05 **Emmerdale** (PG, R, **C**, **AD**)
1.55 **Infomercials**
2.55 **First Dates Australia** (PG, R, **C**, **AD**)
3.50 **Hypothetical** (M, R, **C**)
4.35 **Hollyoaks** (PG, R, **C**, **AD**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge, Melissa Chan-Green and William Waiirua.
9.00 **Infomercials**
10.30 **Gold Rush: White Water** (PG, R, **C**)
11.30 **Newshub Live**
Noon 🟦 **Deadly Pursuit** (2015, M, R, **C**) An Alaskan wilderness guide and a woman he just met are pursued by drug dealers and a bloodthirsty bear. Victoria Pratt, KC Clyde.
2.00 **Breaking Amish** (M, **C**)
3.00 **You Have Been Warned** (PG, **C**)
4.00 **Kitchen Crashers** (G, **C**)
4.30 **Yard Crashers** (G, R, **C**) s10ep13
5.00 **Gold Rush: White Water** (PG, **C**)
6.00 **Newshub Live** (**C**)
7.00 **The Project** (**C**) With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **Married at First Sight Australia** (PG, **C**, another episode screens tomorrow) Australian reality series in which strangers marry sight unseen.
9.00 **The Rookie** (M, **C**) Nolan and the team negotiate with a distraught man who is holding a hospital hostage to ensure his wife receives a life-saving surgery. s4ep17
9.55 **Newshub Late**
10.25 **Love in the Flesh** (M, **C**, **AD**)
11.25 **Yard Crashers** (G, R, **C**) s10ep13
11.50 **Infomercials**
5.30am – 6.00 **AM Early** News, information and weather.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.00 **Jeopardy** (G, R)
9.30 **Grandma's Havoc** (PG, R, **C**)
10.00 **Infomercials**
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
4.00 **Outback Truckers** (PG, **C**)
5.00 **Tagata Pasifika** (G)
5.30 **Prime News**
6.00 **A-League Women Highlights** (G) Wellington Phoenix v Sydney FC.
6.30 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **American Pickers** (PG)
8.30 🟦 **12 Monkeys** (1995, M, **C**) A prisoner is sent back in time to gather information about the virus that wiped out most of the human race. Bruce Willis, Brad Pitt.
11.15 **The Crowd Goes Wild** (PG)
12.15am **The Late Show with Stephen Colbert** (PG)
1.30 – 6.00 **Infomercials**



Crime: CANDICE RENOIR

It's like the French version of *My Life Is Murder*, or perhaps the other way around. *Candice Renoir* began in 2013 and now screens in 80 countries. Broadcaster France 2 wanted to create a police procedural with a lead character who would appeal to women. Now, after 10 seasons, the comedy crime caper is one of the network's most popular shows. Cécile Bois plays Candice, a mother of four who returns to her job as a police officer after 10 years. In season five, Candice returns to work after a tragedy. Meantime, there are new episodes today of *The Madame Blanc Mysteries*, in which Sally Lindsay plays a crime-solving antiques dealer in southern France.

ACORN TV

Travel: THE RELUCTANT TRAVELER

Beloved Canadian actor Eugene Levy (*Schitt's Creek*) describes himself as a fan of "the great indoors", so is definitely out of his comfort zone in this travel series in which he visits eight countries. There are some challenging environments, including a Costa Rican rainforest, Lapland and Utah.

APPLE TV+

🟩 **NEW** 🟨 **RETURN** 🟥 **FINAL** 🟦 **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G, R)
9.00 **Easy Eats** (G, R)
9.30 **Whānau Bake-Off** (G, R)
10.00 **Kai Safari** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Celebrity Playlist** (G, R)
11.30 **Lucky Dip on the Road** (G, R)
Noon **Te Ao Tapatahi**
12.30 🟦 **My Afternoons with Margueritte** (2010, M, R) Gerard Depardieu.
2.00 **Tōku Reo** (G, R)
2.30 **Ōpaki** (G, R)
3.00 **Ako** (G, R)
3.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Mātaatua** (G, R) Mātaatua, from Tauranga.
6.30 **Te Ao Mārama**
7.00 **Te Ngākau Tapatahi** (G, R) Series profiling Māori knights and dames. Today, Sir Ian Taylor.
7.30 🟩 **The Drawing Board** (G) Series about modern Māori architecture.
8.00 **The Untold Tales of Tuteremoana** (G, R) After the loss of her kuia, Whiro is unable to wail.
8.30 🟦 **In Pursuit of Silence** (2015, PG, R) Documentary about our relationship with silence, and the impact of noise.
10.00 **Ki Tua** (G, R)
10.30 – 11.00 **Te Ao Mārama** (R)

Film: IN PURSUIT OF SILENCE

As well as revealing the noisy noise of modern life, this 2015 documentary urged a digital detox from the "cultural tinnitus", as the *Guardian* put it, of smartphone-checking and social media. Oh well. Archive footage of John Cage and his famous 4'33" is interesting.
WHAKAATA MĀORI, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Shark Tank** (PG, R)
11.00 **Snapped** (M, R)
11.50 **Love It or List It Vancouver** (G, R)
12.50 **Below Deck** (M, R)
1.45 **Love It or List It** (G, R)
3.05 **Celebrity Ghost Stories Classics** (PG, R)
4.00 **Keeping Up with the Kardashians** (PG, R)
5.00 **Love It or List It Vancouver** (G)
6.00 **Judge Jerry** (G)
6.30 **Shark Tank** (PG, R)
7.30 **Snapped** (M) A Missouri man's murder goes unsolved for nearly two decades.
8.30 **Murdered by Morning** (M) A deadly apartment fire breaks out under mysterious circumstances.
9.30 **Sleeping with Death** (M) A businesswoman is murdered in bed next to her boyfriend.
10.30 **Snapped** (M)
11.30 **Murdered by Morning** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Infomercials**
6.30 **Dr Dee: Alaska Vet** (PG, R)
7.20 **The Pioneer Woman** (G, R)
7.45 **Valerie's Home Cooking** (G, R)
8.10 **Bake Off: The Pros** (PG, R)
9.05 **Museum Mysteries** (PG, R)
10.05 **American Pickers** (PG, R)
11.05 **Restored** (G, R)
12.05 **George Clarke's Old House, New Home** (PG, R)
1.05 **American Restoration** (PG)
1.35 **Baggage Battles** (PG, R)
2.05 **Moonshiners** (M, R)
3.00 **Restaurant: Impossible** (G)
4.00 **Gok Wan's Easy Asian** (G, R)
4.30 **Choccywoccydoodah** (G, R)
5.00 **Museum Mysteries** (PG, R)
6.00 **American Pickers** (PG, R)
7.00 **Shipping Wars** (PG, R)
7.30 **Bondi Rescue** (PG)
8.00 **Border Security Aus** (PG)
8.30 **The Motorway** (PG)
9.30 **Paramedics on the Front Line** (PG, R)
10.30 **Lost & Found** (PG, R)
11.30 **Flea Market Flip** (G, R)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Junkyard Empire** (PG, R)
6.50 **Alaska: The Last Frontier** (PG, R)
7.45 **Treehouse Masters** (PG, R)
8.35 **Overhaulin'** (PG, R)
9.25 **Wrench'd** (PG, R)
10.15 **Cuban Chrome** (PG, R)
11.05 **Alaska: The Last Frontier** (PG, R)
11.50 **Overhaulin'** (PG, R)
12.40 **Building Off the Grid: Ozark Paradise** (G, R)
1.30 **Building Alaska** (G, R)
2.20 **Homestead Rescue** (PG, R)
3.10 **Treehouse Masters** (PG, R)
4.00 **Junkyard Empire** (PG, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.40 **Treehouse Masters** (PG)
6.35 **Overhaulin'** (PG, R)
7.30 **The Alaska Experiment** (PG)
8.30 **Man vs. Wild** (PG) Bear Grylls is in the snow-capped Caucasus Mountains.
9.25 **Naked and Afraid** (M)
10.25 **Alaska: The Last Frontier** (PG)
11.20 **Treehouse Masters** (PG, R)
12.15am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox Music**
Noon **Heavy Rescue 401** (PG, R)
12.55 **Impossible Engineering** (G, R, **C**) s5ep9
1.50 **Superstore** (PG, R, **C**, **AD**)
2.15 **Community** (PG, R, **C**) s1ep9
2.40 **Taste of Australia** (G, R, **C**)
3.05 **Hunting Aotearoa** (PG, R)
3.35 **The Chase Australia** (G, R, **C**)
4.25 **ABC World News** (PG)
4.50 **Heavy Rescue 401** (G, R)
5.45 **Parks and Recreation** (PG, **C**) s3ep8
6.10 **Community** (PG, **C**) s2ep22
6.35 **The Goldbergs** (PG, **C**)
7.00 **The Office US** (PG, **C**)
7.30 **The Simpsons** (PG, R, **C**) s10ep15
8.30 **Family Guy** (PG, R, **C**, **AD**)
9.25 **So Dumb It's Criminal** (16, **C**) s1ep5
10.00 **Bro Town** (PG, **C**) s3ep3
10.30 **Robot Chicken** (16)
10.50 **Aqua Teen Hunger Force** (16)
11.00 **Genndy Tartakovsky's Primal II** (16)
11.25 **Metalocalypse** (16)
11.50 **Tender Touches** (M)
12.00am Smiling Friends (M) **12.10** Dominion (M, R) s1ep7 **12.55 – 1.15** ABC World News (PG, R)

SKY PREMIERE SKY 030

6.28 **Chronicle Mysteries: Helped to Death** (2021, PG) Alison Sweeney, Benjamin Ayres
7.52 **Mark Hunt: The Fight of His Life** (16) Documentary.
9.14 **Stillwater** (2021, M) Matt Damon, Abigail Breslin
11.28 **Resident Evil: Welcome to Raccoon City** (2021, 16) Kaya Scodelario, Robbie Amell
1.12 **Gunpowder Milkshake** (2021, 16) Karen Gillan
3.03 **The Many Saints of Newark** (2021, 16) Michael Gandolfini
5.00 **Separation** (2020, M) Violet McGraw, Rupert Friend
6.45 **The Phantom of the Open** (2021, M) Based on the story of Maurice Flitcroft, who entered the 1976 British Open. Mark Rylance, Sally Hawkins
8.30 **Supercool** (2022, 16) Neil and Gilbert's friendship is tested when Neil makes a wish that makes him supercool for one night only. Jake Short, Miles J Harvey
10.05 **Operation Mincemeat** (2022, M) Colin Firth
12.10am South of Heaven (2021, 16) **2.10** The Batman (2022, M) **5.00** Hunt for the Truth (2016, M)

MOVIES CLASSICS SKY 034

6.50 **Batman** (1989, PG) Michael Keaton, Jack Nicholson
8.55 **The Thomas Crown Affair** (1999, M) Pierce Brosnan, Rene Russo
10.45 **In Cold Blood** (1967, 18) Robert Blake, Scott Wilson
12.55 **Superman** (1978, PG) Christopher Reeve, Margot Kidder
3.15 **The Swimmer** (1968, M) Burt Lancaster, Janet Landgard
4.50 **Excalibur** (1981, M) Nigel Terry, Helen Mirren
7.05 **The Evil Dead** (1981, 16) Five twenty-something friends in a remote cabin in the woods find an audio tape that releases evil spirits. Bruce Campbell, Ellen Sandweiss
8.30 **The Pelican Brief** (1993, PG) A law student becomes a target when she stumbles upon a major government conspiracy. Julia Roberts, Denzel Washington, Sam Shepard
10.50 **Unforgiven** (1992, M) Clint Eastwood, Gene Hackman
1.00am Sex, Lies and Videotape (1989, M) **2.40** Boyz N the Hood (1991, M) **4.30** Decision at Sundown (1957, M) **5.45** Death Wish (1974, 16)

RIALTO SKY 039

6.35 **Rose Plays Julie** (2019, M) Ann Skelly
8.20 **Reel Britannia** (2022, M)
9.45 **No Man's Land** (2020, M) Frank Grillo
11.40 **The Rose Maker** (2020, M) Catherine Frot
1.15 **The Chocolate War** (2022, M) Danish documentary.
2.40 **God of the Piano** (2019, M) Naama Preis
4.05 **Wuhan Wuhan** (2021, M) Chinese documentary.
5.40 **Dark Lies the Island** (2019, 16) Peter Coonan
7.05 **Ghosts of the Republique** (2020, M) US documentary about a French couple who meet a surrogate in the US.
8.30 **Rialto World: Hit the Road** (2021, PG) A middle-aged couple and their two sons embark on a road trip across the Iranian countryside. Pantea Panahiha, Hasan Majuni **TV Films, page 69**
10.05 **Klangor** (16) s1ep7
10.55 **Crime + Punishment** (2018, M) US documentary.
12.45am Lapsis (2020, PG) **2.30** The Chocolate War (2022, M) **3.55** God of the Piano (2019, M) **5.20** Ghosts of the Republique (2020, M)

SKY CHANNELS

Vibe SKY 006

6.00 Nikita (M) s1ep15 **6.55** Covert Affairs (M) s3ep14 **7.40** Unforgettable (M) s1ep14 **8.30** The Good Wife (M) s7ep20 **9.15** Blindspot (16) s1ep3 **10.00** Southland (16) s3ep9 **10.50** V.C. Andrews' Fallen Hearts (M) **12.30** Kids Say the Darndest Things (G) s1ep5 **1.30** Covert Affairs (M) s3ep14 **2.30** Unforgettable (M) s1ep14 **3.30** The Good Wife (M) s7ep20 **4.30** Southland (16) s3ep8 **5.30** Nikita (M) s1ep15 **6.30** Blindspot (16) s1ep3 **7.30** Casualty 24/7 (M) s3ep14 **8.30** Women on the Force (M) s2ep5 **9.30** Hospital (M) s5ep1 **10.30** The Good Wife (M) s7ep20 **11.30** Judge Judy (PG) **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** Keeping Up Appearances (PG) s3ep5 **7.35** The Bill (M) **8.25** A Touch of Frost (M) s3ep4 **10.10** Father Brown (PG) s6ep6 **11.00** Doc Martin (M) s1ep5 **11.50** Midsomer Murders (M) s3ep3 **1.35** The Bill (M) **2.25** New Tricks (M) s11ep9 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s29ep22 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Death in Paradise (PG) A young pop star's death at a rehab clinic appears to be a tragic accident. s11ep5 **9.40** The Good Karma Hospital (M) Lydia and Ruby make a seemingly miraculous diagnosis at a convent. s1ep5 **10.30** Traces (M) s1ep6 **11.20** Midsomer Murders (M) s3ep3 **1.05am** Programmes continue

SoHo SKY 010

6.15 Fleabag (18) s2ep6 **6.45** Super Pumped: The Battle for Uber (M) s1ep6 **7.45** Your Honor (16) s1ep2 **9.05** Real Time with Bill Maher (M) s21ep5 **10.05** The Fear Index (16) s1ep1 **11.00** Shameless (18) s11ep4 **11.55** Super Pumped: The Battle for Uber (M) s1ep6 **12.55** Your Honor (16) s1ep2 **2.00** Real Time with Bill Maher (M) s21ep5 **3.00** The Fear Index (16) s1ep1 **3.55** I May Destroy You (18) s1ep7 **4.25** Dave (16) s1ep8 **4.55** Insecure (16) s4ep1 **5.35** Devs (16) s1ep7 **6.25** A Teacher (18) s1ep3 **6.50** Shining Vale (M) s1ep1 **7.20** Last Week Tonight with John Oliver (M) s10ep2 **8.00** Work in Progress (16) s2ep4 **8.30** The Last of Us (18) s1ep7 **9.30** We Own This City (16) Jenkins learns his fellow GTTF officers are cooperating with the investigation. s1ep6 **10.35** The Flight Attendant (16) s1ep7 **11.20** Mrs. America (M) s1ep8 **12.10am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.40** Farmhouse Rules (PG) **8.05** House Hunters (PG) **9.00** Long Lost Family UK (PG) **10.00** Every Family Has a Secret (PG) **11.00** Escape to the Country (PG) **11.55** Location Location Location (PG) **12.50** The Weekend Workshop (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Farmhouse Rules (PG) **4.45** Every Family Has a Secret (PG) **5.40** A Place in the Sun: Home or Away (PG) **6.35** Location Location Location (PG) **7.30** Escape to the Country (PG) **8.30** Home of the Year: Scotland (PG) **9.00** House Hunters (PG) **9.30** Restoration Man (PG) **10.30** Selling Houses Australia (PG) **11.30** House Hunters (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** Evil Lives Here: Shadows of Death (M) **7.45** Evil Lives Here (M) **8.35** American Detective with Lt. Joe Kenda (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** The Perfect Murder (M) **12.10** Your Worst Nightmare (M) **1.05** Dates from Hell (M) **2.00** I (Almost) Got Away with It (M) **2.55** Deadly Recall (M) **3.50** Who Killed Leigh Jennings? (M) **4.45** Brittany Murphy: An ID Mystery (M) **5.40** Evil Kin (M) **6.35** Your Worst Nightmare (M) **7.30** Evil Lives Here (M) **8.30** Evil Lives Here: Shadows of Death (M) **9.30** Evil Lives Here (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.50 ■ Zurbarán and His Twelve Sons (2020, G) **8.00** Salzburg Festival 2020: András Schiff Conducts Schubert and Janáček **9.50** The Little Mozarts **10.45** The Artist's Workshop **11.00** Put Some Colour in Your Life **11.30** Rock Legends **12.30** ■ Madness: The Get Up! (2021, G) **1.50** Sleaford Mods Live at 100 Club **2.50** ■ Zurbarán and His Twelve Sons (2020, G) **4.00** ■ Lifeline/Clyfford Still (2019, G) **5.15** Cold War and Cinema **6.05** Ettore Spalletti **7.00** Put Some Colour in Your Life **7.30** Finding Your Roots **8.30** The Directors: James L Brooks **9.30** ■ Napoleon: In the Name of Art (2021, G) Documentary exploring the complex relationship between Napoleon, culture and art. **11.10** Inside the Met **12.00am** Programmes continue

Discovery SKY 070

6.05 Pool Kings (PG) **6.30** How Do They Do It? (PG) **6.55** Mysteries at the Museum (PG) **7.45** Homestead Rescue (PG) **8.35** Outback Opal Hunters (PG) **9.25** Gold Rush (M) **10.20** Homestead Rescue (PG) **12.10** Pool Kings (PG) **12.40** How Do They Do It? (PG) **1.05** Naked and Afraid (M) **2.30** How Do They Do It? (PG) **2.55** Gold Rush: White Water (M) **3.50** Gold Rush (M) **4.45** Undercover Billionaire: Comeback City (PG) **5.40** Aussie Gold Hunters (PG) **6.35** Outback Opal Hunters (PG) **7.35** Railroad Australia (PG) **8.35** Building Alaska (PG) **9.30** Moonshiners: Master Distiller (M) **10.30** Moonshiners: Master Distiller Special (M) **11.25** Naked and Afraid (M) **12.50am** Programmes continue

National Geographic SKY 072

6.30 Ultimate Supercar (PG) **7.30** Wicked Tuna: Outer Banks (PG) **8.30** Ukraine War from the Air (PG) **9.30** Nazi Megastructures (M) **11.30** Lost Treasures of the Maya (PG) **12.30** Air Crash Investigation (M) **1.30** Wicked Tuna: Outer Banks (PG) **2.30** Drain the Oceans (PG) **4.30** Invasion Earth (PG) **6.30** The Next Mega Tsunami (M) **7.30** Wicked Tuna: Outer Banks (PG) **8.30** Air Crash Investigation (M) **9.30** Nazi Megastructures (M) **10.30** Hitler's Last Stand (M) **11.30** Lost Treasures of the Maya (PG) **12.30am** Programmes continue

History SKY 073

6.30 American Dynasty (PG) **7.35** Colosseum (M) **8.35** Time Team **9.35** Eight Days That Made Rome (M) **10.35** Modern Marvels: Machines (PG) **11.25** American Dynasty (PG) **12.30** Colosseum (M) **1.25** Dogfights (PG) **2.20** Focke Wulf 190 (PG) **3.30** Gladiators of WWII (PG) **4.30** Tales of the Gun (PG) **5.30** Secrets of the Railways (PG) **6.30** Abandoned Engineering (PG) **7.30** Walking Britain's Lost Railways (PG) Rob Bell follows a lost railway in Norfolk. **8.30** London's Bridges: Lighting the Thames **9.30** Coast Australia (PG) **10.30** World's Greatest Ships (PG) **11.30** Abandoned Engineering (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Levison Wood: From Russia to Iran (PG) **6.50** Life Below Zero: The Thaw (M) **7.40** Where the Wild Men Are UK (PG) **8.30** Food: Delicious Science (M) **9.30** Trust Me, I'm a Doctor (PG) **10.25** The Dog Rescuers with Alan Davies (M) **11.10** 24 Hours in A&E (PG) **Noon** Attenborough's Natural Curiosities (PG) **12.25** Africa (PG) **1.15** Food: Delicious Science (M) **2.20** Levison Wood: From Russia to Iran (PG) **3.10** Nature's Biggest Beasts (PG) **4.05** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers with Alan Davies (M) **7.40** 24 Hours in A&E (PG) **8.30** Life Below Zero (M) **9.20** Where the Wild Men Are: Revisited (PG) **10.15** Africa (PG) **11.10** Nature's Biggest Beasts (PG) **12.05am** Programmes continue

SoHo: The Last of Us, 8.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 World Rugby Sevens Series, Los Angeles, day 2, live **12.20** World Rugby Sevens Series, Hamilton, women's final **12.35** World Rugby Sevens Series, Sydney, men's and women's finals **1.00** World Rugby Sevens Series, Los Angeles, day 2, live **3.00** Six Nations Under 20s, Italy v Ireland **5.00** Super Rugby Aupiki, Hurricanes Poua v Chiefs Manawa **5.15** Super Rugby Aupiki, Matatū v Blues **5.30** Super Rugby Pacific, Highlanders v Blues **5.45** Super Rugby Pacific, Reds v Hurricanes **6.00** The Breakdown **7.00** The Crowd Goes Wild, live **8.00** World Rugby Sevens Series, Los Angeles, day 2 **9.30** Super Rugby Aupiki, Hurricanes Poua v Chiefs Manawa **9.45** Super Rugby Aupiki, Matatū v Blues **10.00** Super Rugby Pacific, Highlanders v Blues **10.15** Super Rugby Pacific, Reds v Hurricanes **10.30** Six Nations Under 20s, Wales v England **12.30am** Six Nations Under 20s, France v Scotland **2.30** Six Nations Under 20s, Italy v Ireland **4.30** The Breakdown **5.30** Super Rugby Aupiki, Hurricanes Poua v Chiefs Manawa

Sky Sport 2 SKY 052

6.00 Premier League, Tottenham Hotspur v Chelsea, replay **8.00** Premier League, Crystal Palace v Liverpool, replay **10.00** Premier League, Leeds v Southampton, replay **Noon** Premier League, Tottenham Hotspur v Chelsea, replay **2.00** Premier League, Everton v Aston Villa, replay **4.00** Premier League, West Ham v Nottingham Forest, replay **6.00** Premier League, Tottenham Hotspur v Chelsea, replay **8.00** Premier League, Leicester City v Arsenal, replay **10.00** ATP 500, Rio Open Review **11.00** ATP 500, Dubai Tennis Championships, day 1, live **3.00am** ATP 500, Rio Open, day 7 **4.00** ATP 500, Dubai Tennis Championships, day 1, live

Sky Sport 3 SKY 053

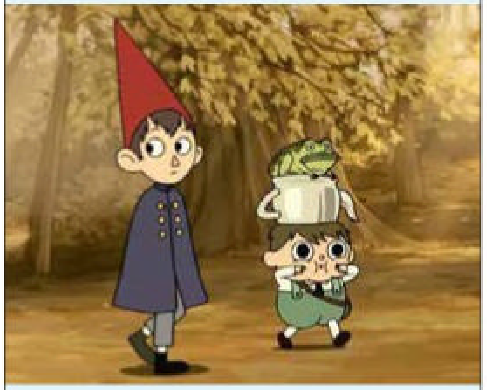
7.00 ICC Women's T20 World Cup, semi-final 2 **7.30** ICC Women's T20 World Cup, final, replay **11.00** Pakistan Super League, Karachi Kings v Multan Sultans **11.30** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi, replay **3.30** ICC Women's T20 World Cup **4.00** ICC Women's T20 World Cup, semi-final 2 **4.30** ICC Women's T20 World Cup, final **5.00** Pakistan Super League, Karachi Kings v Multan Sultans **5.30** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi **6.00** ICC Women's T20 World Cup, final, replay from Newlands Cricket Ground, Cape Town **9.30** Pakistan Super League, Karachi Kings v Multan Sultans **10.00** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi **10.30** ICC Women's T20 World Cup, final **10.50** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi **2.50am** Pakistan Super League, Lahore Qalanders v Islamabad United, live

TUESDAY FEBRUARY 28

Drama: THE MAKANAI: COOKING FOR THE MAIKO HOUSE

Acclaimed Japanese director Hirokazu Kore-eda, who won the 2018 Palme d'Or at Cannes for *Shoplifters*, adapts *Maiko-san chi no makanai-san*, the wildly popular manga by Aiko Koyama. It follows teenagers Kiyo (Nana Mori) and Sumire (Natsuki Deguchi), who move to Kyoto to live in a geiko (geisha) house. However, when Kiyo is deemed too clumsy to become a maiko (an apprentice geiko), she begins cooking for the house. While the show is about Sumire's detailed training, it's really a celebration of Japanese food culture and, says co-director Takuma Sato, "finding joy in the change of food, clothes and seasons".

NETFLIX



Animation: OVER THE GARDEN WALL

A spooky and atmospheric mini-series that first appeared on Cartoon Network and won an Emmy in 2015. Patrick McHale's strange fairy tale follows two half-brothers who become lost in a forest. Voices include Elijah Wood, Christopher Lloyd and Melanie Lynskey.

NEON

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**C**) Jenny-May Clarkson, Anna Burns-Francis, Matt McLean and Chris Chang present news, sport, information and weather.

9.00 **Lingo** (G, R, **C**) Adil Ray hosts a UK quiz show.

10.00 **Tipping Point** (G, R, **C**) Ben Shephard hosts a UK quiz show.

11.00 **The Chase** (G, R, **C**) Bradley Walsh hosts a UK quiz show.

Noon **1 News** (**C**)

12.30 **Emmerdale** (PG, **C**, **AD**)

1.00 **Coronation Street** (PG, R, **C**, **AD**) Peter's motorbike trade is too good to be true, and Mary uncovers Brian's alter ego.

2.00 **Millionaire Hot Seat** (G, **C**) Hosted by Eddie McGuire.

3.00 **Tipping Point** (G, **C**) Ben Shephard hosts a UK quiz show.

4.00 **Te Karere** A Māori perspective on the day's news and current affairs.

4.30 **Dog Squad** (PG, R, **C**, **AD**) Biosecurity beagle Gina serves up the catch of the day.

5.00 **The Chase** (G, **C**) Bradley Walsh hosts a UK quiz show.

6.00 **1 News** (**C**)

7.00 **Seven Sharp** (**C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.

7.30 **SPCA Rescue** (G, **C**, **AD**) Local series. Tonight, SPCA inspectors make a disturbing discovery on a lifestyle block, an anxious dog needs retraining, and kittens are rescued from a demolition site.

8.00 **Barkley Manor** (G, **C**, **AD**) Krista hatches a new plan, pub Apollo 13 and his gang of tiny urbanites go where no pug has gone before – the Barkley Manor Country Park. s2ep3

8.30 **Passengers** (M, **C**, **AD**) In 1912, Edward Snelleksz arrived in Aotearoa from India, along with 12 other youngsters aged between 14 and 19, but why did Edward come halfway around the world? s1ep3

9.30 **Coronation Street** (PG, **C**, **AD**) Alya recognises Zeedan's sacrifice, and Brian makes a poor impression on his new flatmates.

10.30 **1 News** (**C**)

11.00 **Shortland Street** (PG, R, **C**, **AD**)

11.30 **Sunday** (R, **C**) Miriama Kamo presents current affairs.

12.30am 🟩 **Outcry** (18, **C**, **AD**) US documentary mini-series. s1ep1

1.30 **Te Karere** (R)

2.00 **Infomercials**

5.35 – 6.00 **Te Karere** (R)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **C**)

6.30 **Maia the Brave** (G, R, **C**, **AD**)

6.40 **Takaro Tribe** (G, R, **C**, **AD**)

6.50 **Darwin and Newts** (G, R, **C**, **AD**)

7.05 **Scooby Doo! Guess Who** (G, **C**)

7.25 **Miraculous: Tales of Ladybug and Cat Noir** (G, R, **C**)

7.50 **Ninjago** (G, R, **C**)

8.15 **Kangaroo Beach Summer Special** (G, R, **C**)

8.35 **Alma's Way** (G, **C**)

9.00 **Infomercials**

9.30 **Les Mills Adult Classes** (G, R, **C**)

10.00 **Home and Away** (PG, R, **C**)

11.30 **Shortland Street** (PG, R, **HD**, **C**, **AD**)

12.35 **Treasure Island: Fans v Faves** (PG, R, **C**, **AD**)

1.35 **My Impossible House** (G, R, **C**, **AD**) s1ep4

2.35 **The Drew Barrymore Show** (PG, **C**)

3.35 **Jamie Johnson** (**C**) s7ep10

4.05 **The Worst Witch** (PG, **C**)

4.35 **Sabrina the Teenage Witch** (G, R, **C**)

5.00 **Pictionary** (PG, **C**)

5.30 **Friends** (G, R, **C**) s5ep8

6.00 **The Simpsons** (G, R, **C**) Bart is tethered to Homer as punishment for stealing a police cruiser. s13ep2

6.30 **Home and Away** (PG, **C**) Tane gets kicked to the kerb, and Cash reaches Felicity at rock bottom.

7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Drew is exposed, and Leanne lets slip.

7.30 **Treasure Island: Fans v Faves** (PG, **C**, **AD**, another episode screens tomorrow) The pressure mounts for the remaining four.

8.30 **CSI: Vegas** (16, **C**, **AD**) Max leads her team in the investigation of the death of a prestigious Michelin-starred chef found hanging in his restaurant's walk-in freezer. s2ep6

9.25 **Police Strike Force** (PG, **C**, **AD**) Series following Australian police teams. Tonight, youths stealing high-performance cars target standing police to avoid arrest, and grass worth millions goes up in smoke. s1ep4

10.25 **CSI: Crime Scene Investigation** (16, **C**) s10ep6

12.20am **Claws** (16, R, **C**)

1.10 **Emmerdale** (PG, R, **C**, **AD**)

1.35 **Infomercials**

2.30 **First Dates Australia** (PG, R, **C**, **AD**)

3.30 🟥 **Hypothetical** (16, R, **C**) s3ep8

4.15 **United States of AI** (PG, R) s2ep10

4.35 **Hollyoaks** (PG, R, **C**, **AD**)

5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge, Melissa Chan-Green and William Waiirua.

9.00 **Infomercials**

10.30 **Gold Rush: White Water** (PG, R, **C**)

11.30 **Newshub Live**

Noon 🟦 **Justice Unleashed** (2017, M, R, **C**) Emily Rose, Emily Tennant, Samuel Patrick Chu.

2.00 **Breaking Amish** (M, **C**)

3.00 **You Have Been Warned** (PG, **C**)

4.00 **Kitchen Crashers** (G, **C**)

4.30 **Yard Crashers** (G, R, **C**) s11ep1

5.00 **Gold Rush: Dave Turin's Lost Mine** (PG, **C**)

6.00 **Newshub Live** (**C**)

7.00 **The Project** (**C**) With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.

7.30 **Married at First Sight Australia** (PG, **C**, another episode screens tomorrow) Australian reality series in which strangers marry sight unseen.

9.00 **SAS US** (M, **C**) US reality series in which celebrities undertake special forces-style challenges. Tonight, the recruits must rely on one another to break their fall from a cliff.

10.00 **Newshub Late**

10.30 **Newshub Nation** (R, **C**) With Simon Shepherd and Oriini Kaipara.

11.35 **Yard Crashers** (G, R, **C**) s11ep1

12.05 **Infomercials**

5.30 – 6.00 **AM Early** News, information and weather.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**

8.00 **Kids' Programmes** (**C**)

9.00 **ICC Women's T20 World Cup Highlights** (G, **C**) Final.

9.30 **Storage Wars** (PG, R, **C**)

10.00 **Infomercials**

Noon **World Rugby Sevens Series** (G) Los Angeles, day 2.

2.30 **Storage Wars** (PG, R, **C**)

3.00 **Wheel of Fortune** (G)

3.30 **Jeopardy** (G)

4.00 **Storage Wars** (PG, R, **C**)

4.30 **The Crowd Goes Wild** (PG, R)

5.30 **Prime News**

6.00 **Netball Zone** (G)

6.30 **Storage Wars** (PG, R, **C**)

7.00 **Pawn Stars** (PG, R)

7.30 **American Pickers** (PG, R)

8.30 **Five Bedrooms** (M, **C**) Ainsley and Harry try to get Heather out of her funk.

9.30 **House of the Dragon** (18, **C**) Rhaenyra navigates Alicent's continued speculation about her children.

10.50 **The Breakdown** (G)

11.55 **The Late Show with Stephen Colbert** (PG)

1.00am – 6.00 **Infomercials**

🟩 **NEW** 🟨 **RETURN** 🟥 **FINAL** 🟦 **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Bake-Off** (G, R)
10.00 **The Untold Tales of Tuteremoana** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Waka Man** (PG, R)
11.30 **The Drawing Board** (G, R)
Noon **Te Ao Tapatahi**
12.30 🟦 **In Pursuit of Silence** (2015, PG, R) Documentary.
2.00 **Tōku Reo** (G, R)
2.30 **Ōpaki** (G, R)
3.00 **Ako** (G, R)
3.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Mātaatua** (G, R)
6.30 **Te Ao Mārama**
7.00 **Gourmet Goes Tribal** (G, R)
7.30 **Karena and Kasey's Kitchen Diplomacy** (G, R) Rome.
8.00 **Hunt with Me** (PG, R) The Brothers of Tangaroa dive the coast of Wellington.
8.30 **Waka to Worlds** (G) The teams travel to London.
9.00 **Hōiho Riding on** (PG, R) Lizzie meets showjumper Rangihou McClutchie.
9.30 **Hunting Aotearoa** (PG, R) Pete meets Phillip Bullivant and his grandchildren in the Matira region.
10.00 **Hunting with Tūī** (PG, R) Tūī hunts the elusive sambar deer in Manawatū.
10.30 **Piri's Tiki Tour** (PG, R)
11.00 – 11.30 Te Ao Mārama (R)

Film: WORKING WOMAN

Director Michal Aviad began working on her sexual harassment film well before #metoo blew up in Hollywood, but nevertheless, found herself in the middle of a movement. Sadly, every actress who auditioned for the part had their own story to tell.
RIALTO, 6.55pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Shark Tank** (PG, R)
11.00 **Snapped** (M, R)
Noon **Love It or List It Vancouver** (G, R)
1.00 **Below Deck** (M, R)
2.00 **Love It or List It** (G, R)
3.00 **Celebrity Ghost Stories Classics** (PG, R)
4.00 **Keeping Up with the Kardashians** (PG, R)
5.00 **Love It or List It Vancouver** (G)
6.00 **Judge Jerry** (G)
6.30 **Shark Tank** (PG, R)
7.30 **Million Dollar Listings LA** (PG) Flagg discovers that Marilyn Monroe once called his new listing home.
8.30 **Notorious: River Valley Killer** (16) From 1993 to 2000, residents of Fort Smith, Arkansas, were terrorised by a killer who targeted elderly and vulnerable women.
10.25 **Snapped** (M, R)
11.30 Murdered by Morning (M, R)
12.20am – 6.00 Informercials

EDEN FREEVIEW 8 SKY 013

6.00 **Infomercials**
6.30 **Restaurant: Impossible** (G, R)
7.20 **The Pioneer Woman** (G, R)
7.45 **Valerie's Cooking** (G, R)
8.10 **Gok Wan's Easy Asian** (G, R)
8.40 **Choccywoccydoodah** (G, R)
9.05 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Restored** (G, R)
Noon **Paramedics** (PG, R)
1.00 **The Motorway** (PG, R)
2.00 **Bondi Rescue** (PG, R)
2.30 **Border Security Aus** (PG, R)
3.05 **Restaurant: Impossible** (G)
4.00 **Gok Wan's Easy Asian** (G, R)
4.30 **Choccywoccydoodah** (G, R)
5.00 **Museum Mysteries** (PG, R)
6.00 **American Pickers** (PG, R)
7.00 **Shipping Wars** (PG, R)
7.30 **Bondi Rescue** (PG)
8.00 **Border Security Aus** (PG)
8.30 **Extraordinary Extensions** (G, R)
9.30 **Charlotte Church's Dream Build** (PG, R)
10.30 **George Clarke** (PG)
11.30 **Flea Market Flip** (G, R)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **The Alaska Experiment** (PG, R)
6.55 **Alaska: The Last Frontier** (PG, R)
7.45 **Treehouse Masters** (PG, R)
8.35 **Overhaulin'** (PG, R)
9.25 **Man vs. Wild** (PG, R)
10.15 **Naked and Afraid** (M, R)
11.05 **Alaska: The Last Frontier** (PG, R)
11.50 **Overhaulin'** (PG, R)
12.40 **Fastest Cars in the Dirty South** (PG, R)
1.30 **Kindig Customs** (PG, R)
2.20 **Street Outlaws** (PG, R)
3.10 **Treehouse Masters** (PG, R)
4.00 **The Alaska Experiment** (PG, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.45 **Treehouse Masters** (PG)
6.35 **Overhaulin'** (PG, R)
7.30 **Bristol Bay Brawl** (PG)
8.30 **Railroad Alaska** (PG)
9.25 **Deadliest Catch** (M)
10.25 **Alaska: The Last Frontier** (PG)
11.20 **Treehouse Masters** (PG, R)
12.15am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox Music**
Noon **Heavy Rescue 401** (PG, R)
12.55 **Impossible Engineering** (G, R, **C**) s5ep10
1.50 **Superstore** (PG, R, **C**, **AD**) s3ep21
2.15 **Community** (PG, R, **C**) s1ep10
2.40 **Taste of Australia** (G, R, **C**)
3.05 **Hunting Aotearoa** (PG, R)
3.35 **The Chase Australia** (G, R, **C**)
4.25 **ABC World News** (PG)
4.50 **Heavy Rescue 401** (G, R)
5.45 **Parks and Recreation** (PG, **C**) s3ep9
6.10 **Community** (PG, **C**) s2ep23
6.35 **The Goldbergs** (PG, **C**) s3ep14
7.05 **The Office US** (PG, **C**) s3ep17
7.30 **The Simpsons** (PG, R, **C**) Marge and Lisa experience problems with a novelty doorbell. s10ep17
8.30 🟦 **U-571** (2000, M, R, **C**, **AD**) A German submarine is boarded by undercover American submariners. Matthew McConaughey, Bill Paxton.
10.40 **Grimm** (16) s4ep8
12.15am – 12.35 ABC World News (PG, R)

SKY PREMIERE SKY 030

6.35 **Dear Evan Hansen** (2021, M) Ben Platt, Kaitlyn Dever
8.55 **Infinite Storm** (2022, M) Naomi Watts, Billy Howle
10.30 **Amber Alert** (2017, M) Sunny Mabrey, Grace Van Dien
Noon **Kimi** (2022, 16) Zoe Kravitz
1.30 **Firebird** (2022, M) Tom Prior, Oleg Zagorodnii
3.20 **American Underdog** (2021, PG) Zachary Levi, Anna Paquin
5.10 **Agent Game** (2022, 16) Dermot Mulroney
6.40 **The Unbearable Weight of Massive Talent** (2022, 16) When Nic Cage is hired to attend a fan's birthday party, events take a turn when he is recruited by a CIA agent. Nicolas Cage, Pedro Pascal
8.30 **The Outfit** (2022, 16) Two killers in need of a favour knock on the door of an English tailor in Chicago. Mark Rylance, Zoey Deutch
TV Films, page 69
10.15 **Men** (2022, 16) Jessie Buckley, Rory Kinnear
12.00am Book of Love (2022, M) **1.45** Blowback (2022, 16) **3.20** Reminiscence (2021, M) **5.15** The Bad Twin (2016, M)

MOVIES CLASSICS SKY 034

7.20 **Groundhog Day** (1993, PG) Bill Murray, Andie MacDowell
9.00 **Reservoir Dogs** (1992, 18) Harvey Keitel, Tim Roth
10.40 **Fright Night** (1985, M) Roddy McDowall, William Ragsdale
12.25 **The Doors** (1991, 16) Val Kilmer, Meg Ryan
2.45 **Reversal of Fortune** (1990, PG) Glenn Close, Jeremy Irons
4.35 **Batman & Robin** (1997, PG) George Clooney, Arnold Schwarzenegger
6.40 **Bonnie and Clyde** (1967, M) Based on the story of a bored waitress and an ex-con who went on a crime spree through the United States. Warren Beatty, Faye Dunaway
8.30 **A Fish Called Wanda** (1988, M) A stuffy British lawyer gets mixed up with a gang of jewel thieves. John Cleese, Jamie Lee Curtis
10.18 **Bram Stoker's Dracula** (1992, M) Gary Oldman, Winona Ryder
12.25am Natural Born Killers (1994, 18) **2.23** The Client (1994, M) **4.25** Beetlejuice (1988, PG)

RIALTO SKY 039

6.45 **Dark Lies the Island** (2019, 16) Peter Coonan
8.10 **Hit the Road** (2021, PG) Pantea Panahiha
9.45 **Crime + Punishment** (2018, M) US documentary.
11.35 **Klangor** (16) s1ep7
12.25 **Breaking Bread** (2020, M) US/Israeli documentary. .
1.55 **Golden Voices** (2019, M) Mariya Belkina
3.25 **The Mission** (2022, M) Finnish documentary.
5.05 **C'mon C'mon** (2021, M) Joaquin Phoenix
6.55 **Working Woman** (2018, 16) A working mother walks a tightrope when her boss starts making advances. Liron Ben-Shlush, Menashe Noy, Oshri Cohen
8.30 **Klangor** (16) Rafal comes to Danka Schulze and attempts to convince her of his hypothesis. s1ep8
9.25 **Eiffel** (2021, M) Emma Mackey, Romain Duris
11.10 **I Am: Maria** (M) s2ep3
12.00am Exposed: The Church's Darkest Secret (2020, 18) **1.55** Golden Voices (2019, M) **3.25** The Mission (2022, M) **5.05** C'mon C'mon (2021, M)

TUESDAY FEBRUARY 28

SKY CHANNELS

Vibe SKY 006

6.00 Nikita (M) s1ep16 **6.55** Covert Affairs (M) s3ep15 **7.40** Unforgettable (M) s1ep15 **8.30** The Good Wife (M) s7ep21 **9.15** Blindspot (16) s1ep4 **10.00** Southland (16) s3ep10 **10.50** Women on the Force (M) s2ep5 **11.40** Hospital (M) s5ep1 **12.40** Casualty 24/7 (M) s3ep14 **1.35** Covert Affairs (M) s3ep15 **2.30** Unforgettable (M) s1ep15 **3.30** The Good Wife (M) s7ep21 **4.30** Southland (16) s3ep9 **5.30** Nikita (M) s1ep16 **6.30** Blindspot (16) s1ep4 **7.30** Shakespeare & Hathaway: Private Investigators (M) s4ep8 **8.30** Vera (M) A builder's body is found on the steps of the Collingwood Monument. s1ep1 **10.30** The Good Wife (M) As s7ep21 **11.20** Judge Judy (PG) **12.15am** Programmes continue

BBC UKTV SKY 007

6.00 The Jonathan Ross Show: Special Guests (M) s1ep1 **6.25** QI (M) **6.55** EastEnders (PG) **7.25** The Bill (M) **8.15** A Touch of Frost (M) s4ep1 **10.00** Father Brown (PG) s6ep7 **10.45** Doc Martin (M) s1ep6 **11.35** Midsomer Murders (M) s3ep4 **1.20** The Bill (M) **2.10** New Tricks (M) s11ep10 **3.10** 8 Out of 10 Cats Does Countdown (M) **4.05** The Graham Norton Show (M) s29ep23 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Professor T (PG) The murder of a prominent barrister and his second wife parallels a successful prosecution 15 years before. s2ep2 **9.30** Grantchester (M) s2ep1 **10.25** Father Brown (M) s1ep3 **11.20** Midsomer Murders (M) s3ep4 **1.05am** Programmes continue

SoHo SKY 010

6.05 Mrs. America (M) s1ep8 **7.10** Gentleman Jack (M) s2ep4 **8.10** Last Week Tonight with John Oliver (M) s10ep2 **8.50** A Teacher (18) s1ep3 **9.15** Shining Vale (M) s1ep1 **9.45** Work in Progress (16) s2ep4 **10.15** The Last of Us (18) s1ep7 **11.35** Real Time with Bill Maher (M) s19ep22 **12.35** We Own This City (16) s1ep6 **1.40** A Teacher (18) s1ep3 **2.05** Shining Vale (M) s1ep1 **2.35** Work in Progress (16) s2ep4 **3.05** The Flight Attendant (16) s1ep7 **4.05** I May Destroy You (18) s1ep8 **4.40** Dave (16) s1ep9 **5.10** Insecure (16) s4ep2 **5.40** Devs (16) s1ep8 **6.30** The Third Day (18) s1ep3 **7.30** Lovecraft Country (18) s1ep6 **8.30** Why Didn't They Ask Evans? (M) s1ep3 **9.30** The Great (M) s1ep10 **10.20** Snowfall (18) s4ep6 **11.05** Riviera (16) s3ep5 **11.50** Yellowstone (16) s1ep3 **12.40am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.40** Farmhouse Rules (PG) **8.05** House Hunters (PG) **9.00** Restoration Man (PG) **10.00** Home of the Year: Scotland (PG) **10.30** House Hunters (PG) **11.00** Escape to the Country (PG) **11.55** Location Location Location (PG) **12.50** Selling Houses Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Farmhouse Rules (PG) **4.45** Home of the Year: Scotland (PG) **5.15** House Hunters (PG) **5.40** A Place in the Sun: Home or Away (PG) **6.35** Location Location Location (PG) **7.30** Escape to the Country (PG) **8.30** Salvage Hunters (PG) **9.30** Selling Houses Australia (PG) **10.30** Lost for Words (PG) **11.30** House Hunters (PG) **12.00am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** Extreme Measures (M) **7.45** Love, Honour, Betray (M) **8.35** In Pursuit with John Walsh (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Your Worst Nightmare (M) **1.05** Dates from Hell (M) **2.00** I (Almost) Got Away with It (M) **2.55** Deadly Affairs (M) **3.50** Evil Lives Here (M) **4.45** Evil Lives Here: Shadows of Death (M) **5.40** Evil Kin (M) **6.35** Your Worst Nightmare (M) **7.30** Evil Lives Here (M) **8.30** People Magazine Investigates (M) **9.30** Who Killed Leigh Jennings? (M) **10.30** Brittany Murphy: An ID Mystery (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

7.10 Inside the Met **8.00** ■ Lifeline/Clyfford Still (2019, G) **9.15** Cold War and Cinema **10.05** Ettore Spalletti **11.00** Put Some Colour in Your Life **11.30** Finding Your Roots **12.30** The Directors **1.30** ■ Napoleon: In the Name of Art (2021, G) **3.10** Inside the Met **4.00** Photos That Changed the World **5.30** Put Some Colour in Your Life **6.00** A-Z: The First Alphabet **7.00** Cold War and Cinema **7.45** The Great Pottery Throw Down **8.30** Waharoa: Art of the Pacific **9.15** The Artist's Workshop **9.30** Chu Teh Chun (G) Documentary about the Chinese painter. **10.30** The Decisive Moment **10.45** Living for Art **11.45** The Artist's Workshop **12.00am** Programmes continue

Discovery SKY 070

6.05 Pool Kings (PG) **6.30** How Do They Do It? (PG) **6.55** Mysteries at the Museum (PG) **7.45** Homestead Rescue (PG) **8.35** Undercover Billionaire: Comeback City (PG) **9.25** Homestead Rescue (PG) **11.15** Bering Sea Gold Special (M) **12.10** Pool Kings (PG) **12.40** Blowing Up History (PG) **1.35** Naked and Afraid (M) **2.55** Gold Rush: White Water (M) **3.50** Gold Rush (M) **4.45** Homestead Rescue (PG) **5.40** Aussie Gold Hunters (PG) **6.35** Aussie Salvage Squad (PG) **7.30** Outback Opal Hunters (PG) **8.30** Expedition Unknown (PG) **9.30** Mysteries at the Museum Special (PG) **10.30** Expedition X (PG) **11.25** Naked and Afraid (M) **12.50am** Programmes continue

National Geographic SKY 072

6.30 The Next Mega Tsunami (M) **7.30** Wicked Tuna: Outer Banks (PG) **8.30** Air Crash Investigation (M) **9.30** Nazi Megastructures (M) **10.30** Hitler's Last Stand (M) **11.30** Lost Treasures of the Maya (PG) **12.30** Air Crash Investigation (M) **1.30** Wicked Tuna: Outer Banks (PG) **2.30** Mars: One Day on the Red Planet (PG) **4.20** Only in Oz (PG) **4.30** Gordon Ramsay: Uncharted (PG) **6.30** Air Crash Investigation (M) **7.30** Wicked Tuna: Outer Banks (PG) **8.30** Ukraine War from the Air (PG) **9.30** Apocalypse: Hitler Takes on the West (M) **10.30** Only in Oz (PG) **11.30** Lost Treasures of the Maya (PG) **12.30am** Programmes continue

History SKY 073

6.30 Coast Australia (PG) **7.30** World's Greatest Ships (PG) **8.30** Time Team **9.30** Secrets of the Railways (PG) **10.30** Abandoned Engineering (PG) **11.25** Walking Britain's Lost Railways (PG) **12.25** London's Bridges: Lighting the Thames **1.25** Dogfights (PG) **2.20** Great German Aircraft of World War I (PG) **3.30** Gladiators of WWII (PG) **4.30** Tales of the Gun (PG) **5.30** Secrets of the Railways (PG) **6.30** Time Team **7.30** American Dynasty (PG) **8.35** Smoke and Steel: The Modern World (PG) **9.35** Trains That Changed the World (PG) **10.25** Colosseum (M) **11.25** Abandoned Engineering (PG) **12.20am** Programmes continue

BBC Earth SKY 074

6.00 Levison Wood: From Russia to Iran (PG) **6.50** Life Below Zero: The Thaw (M) **7.40** Where the Wild Men Are (PG) **8.25** From Ice to Fire (PG) **9.30** Trust Me, I'm a Doctor (PG) **10.25** The Dog Rescuers (M) **11.10** 24 Hours in A&E (PG) **Noon** Attenborough's Natural Curiosities (PG) **12.25** Africa (PG) **1.15** From Ice to Fire (PG) **2.20** Levison Wood: From Russia to Iran (PG) **3.10** Mountain Lions: Life on the Edge (PG) **4.05** Trust Me, I'm a Doctor (PG) **5.00** Life Below Zero (PG) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Wild Shepherdess (PG) **9.30** Louis Theroux: Life on the Edge (16) **10.30** Africa (PG) **11.25** Mountain Lions: Life on the Edge (PG) **12.20am** Programmes continue

Vibe: Vera, 8.30pm

SKY SPORT

Sky Sport 1 SKY 051

7.00 Super Rugby Pacific, Moana Pasifika v Fijian Drua, replay from Mt Smart Stadium, Auckland **9.00** The Best FIFA Football Awards 2022, live **11.00** Rugby Nation **11.30** Six Nations, France v Scotland, replay from Stade de France, Paris **1.30** World Rugby Sevens Series, Los Angeles, group stage and quarter-finals **1.45** World Rugby Sevens Series, Los Angeles, semi-finals and final **2.00** Super Rugby Aupiki, Matatū v Blues Women, replay **4.00** The Crowd Goes Wild **5.00** World Rugby Sevens Series, Los Angeles, day 2 **6.30** Between Town Posts **7.30** Gallagher Premiership Highlights **8.30** Aotearoa Rugby Pod **9.30** The Best FIFA Football Awards 2022 **11.30** Super Rugby Pacific, Reds v Hurricanes **11.45** Super Rugby Pacific, Highlanders v Blues **12.00am** Super Rugby Pacific, Reds v Hurricanes **2.00** Six Nations, Wales v England, replay from Principality Stadium, Cardiff **4.00** Six Nations Under 20s, France v Scotland

Sky Sport 2 SKY 052

8.00 The Breakdown **9.00** Rugby Nation **9.30** The Crowd Goes Wild **10.30** A-League Women, Wellington Phoenix v Sydney FC **11.00** ATP 500, Rio Open, day 7 **Noon** ATP 500, Rio Open Review **1.00** ATP 500, Mexican Open, day 1, from Arena GNP Seguros, Acapulco, live **7.00** ATP 500, Rio Open, singles final, replay **9.00** World Rugby Sevens Series, Los Angeles, group stage and quarter-finals **9.15** World Rugby Sevens Series, Los Angeles, semi-finals and final **9.30** ATP 500, Dubai Tennis Championships, day 1, match of the day **11.00** ATP 500, Dubai Tennis Championships, day 2, from Aviation Club Tennis Centre, Dubai, live **3.00am** ATP 500, Dubai Tennis Championships, day 1 **4.00** ATP 500, Dubai Tennis Championships, day 2, from Aviation Club Tennis Centre, Dubai, live

Sky Sport 3 SKY 053

7.00 Pakistan Super League, Lahore Qalanders v Peshawar Zalmi **7.30** ICC Women's T20 World Cup, White Ferns v Australia; **8.00** South Africa v White Ferns; **8.30** White Ferns v Bangladesh; **9.00** White Ferns v Sri Lanka; **9.30** ICC Women's T20 World Cup, semi-finals and final **11.00** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi **11.30** Pakistan Super League, Lahore Qalanders v Islamabad United **3.30** ICC Women's T20 World Cup, final **7.00** Pakistan Super League, Karachi Kings v Multan Sultans **7.30** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi **8.00** Pakistan Super League, Lahore Qalanders v Islamabad United **8.30** ICC Women's T20 World Cup, final **8.50** South Africa v West Indies, 1st test, day 1, live **5.00am** Pakistan Super League, Karachi Kings v Multan Sultans **5.30** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**C**) Jenny-May Clarkson, Anna Burns-Francis, Matt McLean and Chris Chang present news, sport, information and weather.
9.00 **Lingo** (G, R, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.00 **Fair Go** (R, **C**) Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
1.30 **Coronation Street** (PG, R, **C**, **AD**) Alya recognises Zeedan's sacrifice, and Brian makes a poor impression on his new flatmates.
2.00 **Millionaire Hot Seat** (G, **C**) Hosted by Eddie McGuire.
3.00 **Tipping Point** (G, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (G, R, **C**, **AD**) Palmerston North Delta team Sam and Zinny have their work cut out for them when a fleeing driver keeps on running.
5.00 **The Chase** (G, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**C**)
7.00 **Seven Sharp** (**C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **Celebrity Lingo** (G, **C**) RuPaul hosts a celebrity edition of the UK word game show. Tonight, Lulu and TV presenter Lee Juggurnauth, Stacey Dooley and Kevin Clifton, and Ugo Monye and Sam Quek (includes Lotto at 8.20pm). s1ep6
8.30 **Country House Rescue with Shaynna Blaze** (PG, **C**, **AD**) Shaynna Blaze and her children Carly and Jess embark on the restoration of a dilapidated historical home in regional Victoria. s1ep5
9.35 **Coronation Street** (PG, **C**, **AD**) Max prepares to be sentenced in court, and Amy's plan to reconcile Brian and Mary backfires.
10.35 **1 News** (**C**)
11.05 **Shortland Street** (PG, R, **C**, **AD**)
11.35 **Intruder** (16, R, **C**, **AD**) Sam is falling apart, and Bailey makes a breakthrough, but hits a wall when she tries to escalate her findings. s1ep3
12.30am **Ragdoll** (16, **C**, **AD**) s1ep5
1.20 **Te Karere** (R)
1.45 **Infomercials**
5.35 – 6.00 **Te Karere** (R)

TVNZ 2 FREEVIEW 2 SKY 002

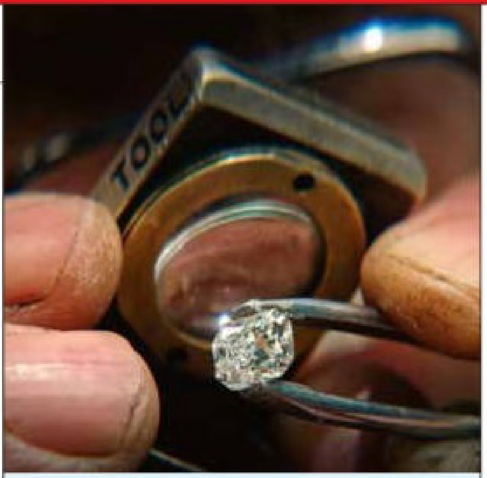
6.00 **Les Mills Born to Move** (G, R, **C**)
6.25 **Kiri and Lou** (G, R)
6.30 **Maia the Brave** (G, R, **C**, **AD**)
6.40 **Takaro Tribe** (G, R, **C**, **AD**)
6.55 **Darwin and Newts** (G, R, **C**, **AD**)
7.05 **Scooby Doo! Guess Who** (G, **C**)
7.25 **Miraculous: Tales of Ladybug and Cat Noir** (G, R, **C**)
7.50 **Ninjago** (G, R, **C**)
8.15 **Kangaroo Beach** (G, **C**)
8.35 🟥 **Alma's Way** (G, **C**)
9.00 **Infomercials**
9.30 **Les Mills Adult Classes** (G, R, **C**)
10.00 **Will & Grace** (PG, R) s5ep7
10.30 **Home and Away** (PG, R, **C**)
11.00 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.30 🟥 **First Dates** (PG, R, **C**) s6ep4
12.35 **Treasure Island: Fans v Faves** (PG, R, **C**, **AD**)
1.35 **My Impossible House** (G, R, **C**, **AD**) s1ep5
2.35 **The Drew Barrymore Show** (PG, **C**)
3.35 **Jamie Johnson** (G, **C**) s7ep11
4.05 **The Worst Witch** (G, **C**)
4.35 **Sabrina the Teenage Witch** (G, R, **C**)
5.00 **Pictionary** (PG, **C**)
5.30 **Friends** (G, R, **C**) s5ep9
6.00 **The Simpsons** (PG, R, **C**) Moe turns his shady bar into a hipster hangout. s13ep3
6.30 **Home and Away** (**C**) Cash misreads Eden's signals, and Remi has a new lease on life.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Jack's good intentions backfire, and Leanne's stubbornness puts her in danger.
7.30 🟥 **Treasure Island: Fans v Faves** (PG, **C**, **AD**) After 15 days, only three remain and face their toughest challenge yet to win the $50,000 for their chosen charity.
8.30 **8 Out of 10 Cats Does Countdown** (16, **C**) In his final appearance, Sean Lock is joined by Harry Hill as they take on Jon Richardson and Rosie Jones.
9.30 **Naked Attraction** (18, **C**, **AD**) "Ladette" Deanne chooses her date by how well they dance to the Spice Girls. s6ep4
10.25 🟥 **Rat in the Kitchen** (16, **C**) s1ep10
11.25 **Patriot Brains with Sue Perkins** (M, R, **C**)
12.20am **You, Me and the Apocalypse** (M, **C**, **AD**) s1ep7
1.10 **No Activity** (16, **C**) s2ep7
1.35 **Emmerdale** (PG, R, **C**, **AD**)
2.00 **Infomercials**
3.00 🟥 **First Dates Australia** (PG, R, **C**, **AD**)
3.50 **Wipeout** (PG, R, **C**)
4.35 **Hollyoaks** (PG, R, **C**, **AD**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge, Melissa Chan-Green and William Waiirua.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon 🟦 **Taken Too Far** (2017, M, R, **C**) A mum takes extreme measures to ensure her daughter wins a scholarship to an exclusive dance academy. Beverley Mitchell.
2.00 **Breaking Amish** (M, **C**)
3.00 **You Have Been Warned** (PG, **C**)
4.00 **Kitchen Crashers** (G, **C**)
4.30 **Yard Crashers** (G, R, **C**) s11ep2
5.00 **Gold Rush: Dave Turin's Lost Mine** (PG, **C**)
6.00 **Newshub Live** (**C**)
7.00 **The Project** (**C**) With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **Married at First Sight Australia** (PG, **C**) Australian reality show.
9.00 **Faking It: Michael Jackson** (M, **C**, **AD**) Documentary in which body language and linguistic experts analyse the behaviour of Michael Jackson, who faced serious allegations for years about his relationships with children.
9.55 **Newshub Late**
10.25 **Ghosts of Morgan City** (PG, **C**)
11.25 **Yard Crashers** (G, R, **C**) s11ep2
11.55 **Infomercials**
5.30am – 6.00 **AM Early** News, information and weather.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.00 **Jeopardy** (G, R)
9.30 **Take Out with Lisa Ling** (M, R, **C**)
10.00 **Infomercials**
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
4.00 **Outback Truckers** (PG, **C**)
5.00 **Rural Delivery** (G, **C**)
5.30 **Prime News**
6.00 **Skyspeed** (G)
6.30 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **Traffic Cops** (PG, **C**)
8.30 **Massive Engineering Mistakes** (PG, **C**) UK scientists search for a missing space probe.
9.30 **Extreme Nightmare Tenants** (M, **C**)
10.30 **A-League Women Round Highlights** (G)
11.40 **The Late Show with Stephen Colbert** (PG)
1.00am – 6.00 **Infomercials**



Documentary: NOTHING LASTS FOREVER

Film-maker Jason Kohn outlines what is in effect a consumer con in this exploration of the diamond industry. In particular, he looks at the impact of synthetic diamonds, revealing that they are really no different from those pulled out of the ground. However, this isn't the bombshell you might think; in fact, it seems to be an open secret in the industry, even as consumers are charged a premium for the latter. As synthetics leak into the market, the industry is worried about its profits. A standout is jewellery designer and author Aja Raden: "funny, insightful, dripping with sarcasm and oversized earrings", said the *Observer*.

DOCPLAY

Reality: TREASURE ISLAND: FANS V FAVES

On Monday, six became four, and yesterday, four became three. Drama! A prize of $50,000 is on the line for charity; presumably, it's not bad for your public profile, either. What reality delights now await for TVNZ 2's early-evening Monday-Wednesday slot? We vote *Bake Off*.

TVNZ 2, 7.30pm

🟩 **NEW** 🟨 **RETURN** 🟥 **FINAL** 🟦 **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Bake-Off** (G, R)
10.00 **Karena and Kasey's Kitchen Diplomacy** (G, R)
10.30 **Gourmet Goes Tribal** (G, R)
11.00 **Hunting with Tūī** (PG, R)
11.30 **Hunt with Me** (PG, R)
Noon **Te Ao Tapatahi**
12.30 **Waka to Worlds** (G, R)
1.00 **Giants** (G, R)
1.30 **Hōiho Riding on** (PG, R)
2.00 **Tōku Reo** (G, R)
2.30 **Ōpaki** (G, R)
3.00 **Ako** (G, R)
3.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Mātaatua** (G, R)
6.30 **Te Ao Mārama**
7.00 **Princesses** (G, R) Indigenous women from Canada speak about what beauty means to them. Tonight, Aboriginal fashion extends way beyond the runway.
7.30 **Women of the Silk Road** (G, R) Documentary featuring the women who still toil alongside the ghosts of their ancestors on the Silk Road.
8.30 ■ **Perfect Strangers** (2016, M, R) Seven friends meet for dinner and decide to share their texts, emails and phone calls. Anna Foglietta, Giuseppe Battiston. **TV Films, page 69**
10.10 – 10.40 Te Ao Mārama (R)

Film: NIGHT OF THE CREEPS

Writer-director Fred Dekker enjoys the distinction of having made not one, but two cult classics: *Night of the Creeps* and 1987's *The Monster Squad* did poorly on release, but are now beloved as B movie homages that deliver clever frights without the annoying meta irony.

SKY MOVIES CLASSICS, 5.10pm

NIGHT OF THE CREEPS

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Shark Tank** (PG, R)
11.00 **Snapped** (M, R)
Noon **24 Hours in Emergency** (M, R)
1.00 **Below Deck** (M, R)
2.00 **Love It or List It** (G, R)
3.00 **Celebrity Ghost Stories Classics** (PG, R)
4.00 **Keeping Up with the Kardashians** (PG, R)
5.00 **Love It or List It Vancouver** (G)
6.00 **Judge Jerry** (G)
6.30 **Shark Tank** (PG, R)
7.30 **Maternity 24/7** (PG) Three women welcome their babies into the world.
8.30 **24 Hours in Emergency** (M) 71-year-old Jeremy is airlifted to St George's after a collision riding his bike.
9.30 **911 Crisis Center** (M) It's Savannah's first July 4.
10.00 **Snapped** (M, R)
11.00 **Murdered by Morning** (M, R)
11.50 **Tattoos After Dark** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Infomercials**
6.30 **Restaurant: Impossible** (G, R)
7.20 **The Pioneer Woman** (G, R)
7.45 **Valerie's Cooking** (G, R)
8.10 **Gok Wan's Easy Asian** (G, R)
8.40 **Choccywoccydoodah** (G, R)
9.05 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Restored** (G, R)
Noon **Charlotte Church** (PG, R)
1.00 **Extraordinary Extensions** (G, R)
2.00 **Bondi Rescue** (PG, R)
2.30 **Border Security Aus** (PG, R)
3.00 **Restaurant: Impossible** (G)
4.00 **Giada in Italy** (G, R)
4.30 **Gino's Italian Express** (G, R)
5.05 **Museum Mysteries** (PG, R)
6.00 **American Pickers** (PG, R)
7.00 **Shipping Wars** (PG, R)
7.30 **Bondi Rescue** (PG)
8.00 **Border Security Aus** (PG)
8.30 **Richard Hammond's Workshop** (G)
9.30 **Ben Fogle: Return to the Wild UK** (PG)
11.30 **Flea Market Flip** (G, R)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Bristol Bay Brawl** (PG, R)
6.50 **Alaska: The Last Frontier** (PG, R)
7.40 **Treehouse Masters** (PG, R)
8.30 **Overhaulin'** (PG, R)
9.20 **Railroad Alaska** (PG, R)
10.10 **Deadliest Catch** (M, R)
11.00 **Alaska: The Last Frontier** (PG, R)
11.45 **Overhaulin'** (PG, R)
12.35 **Lost Amazon: Project Z** (PG, R)
1.25 **Expedition Unknown** (PG, R)
2.10 **UFO Witness** (M, R)
3.00 **Treehouse Masters** (PG, R)
3.50 **Bristol Bay Brawl** (PG, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.40 **Treehouse Masters** (PG)
6.30 **Overhaulin'** (PG, R)
7.30 **Building Off the Grid: Mountain Lodge** (G)
8.30 **Building Alaska** (G)
9.25 **Homestead Rescue** (PG)
10.25 **Alaska: The Last Frontier** (PG)
11.20 **Treehouse Masters** (PG, R)
12.15am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.30 **Extreme E Preview** (R)
Noon **Heavy Rescue 401** (G, R)
12.55 **Impossible Engineering** (G, R, **C**)
1.50 **Superstore** (PG, R, **C**, **AD**)
2.15 **Community** (PG, R, **C**) s1ep11
2.40 **Taste of Australia** (G, R, **C**)
3.05 **Hunting Aotearoa** (G, R)
3.35 **The Chase Australia** (G, R, **C**)
4.25 **ABC World News** (PG)
4.50 **Heavy Rescue 401** (G, R)
5.45 **Parks and Recreation** (PG, **C**) s3ep10
6.10 ■ **Community** (PG, **C**)
6.35 **The Goldbergs** (PG, **C**) s3ep15
7.05 **The Office US** (PG, **C**) s3ep18
7.30 **The Simpsons** (G, R, **C**) s10ep19
8.30 **Kings of Pain** (16) Adam and Caveman Rob get bitten lizards. s2ep3
9.25 ■ **Hartland USA with Leigh Hart** (PG, R, **C**, **AD**) s1ep6
9.55 ■ **Grime & Punishment** (M, **C**) s2ep10
10.50 **Secret Nazi Bases** (PG, R, **C**)
11.40 **Grimm** (16) s4ep10
12.30am ■ I Just Want My Pants Back (16) s1ep12 **12.50 – 1.10** ABC World News (PG, R)

SKY PREMIERE SKY 030

6.45 **Operation Mincemeat** (2022, M) Colin Firth
8.50 **Dear Evan Hansen** (2021, M) Ben Platt, Kaitlyn Dever
11.10 **Reminiscence** (2021, M) Hugh Jackman
1.05 **In the Heights** (2021, PG) Anthony Ramos
3.25 **Venom: Let There Be Carnage** (2021, M) Tom Hardy, Woody Harrelson
5.00 **The Forgiven** (2022, 16) Ralph Fiennes, Jessica Chastain
6.55 **Naked Singularity** (2021, 16) A burned-out public defender decides to rob his client's multimillion-dollar drug deal. John Boyega, Olivia Cooke
8.30 **Survive** (2022, 16) When their plane crashes on a remote snow-covered mountain, the only remaining survivors fight for their lives. Sophie Turner, Corey Hawkins **TV Films, page 69**
10.20 **This Is the Night** (2021, 16) Lucius Hoyos, Frank Grillo
12.05am Infinite Storm (2022, M) **1.40** Killing Field (2021, 16) **3.15** Ascension (2021, M) **4.50** Campus Caller (2017, M)

MOVIES CLASSICS SKY 034

6.00 **Bram Stoker's Dracula** (1992, M) Gary Oldman
8.05 **Fright Night** (1985, M) Roddy McDowall
9.50 **Unforgiven** (1992, M) Clint Eastwood, Gene Hackman
Noon **The Candidate** (1972, PG) Robert Redford, Peter Boyle
1.50 **Sahara** (1943, PG) Humphrey Bogart, Bruce Bennett
3.25 **Young Guns II** (1990, PG) Kiefer Sutherland
5.10 **Night of the Creeps** (1986, 16) Jason Lively
6.40 **The Net** (1995, M) A reclusive software engineer becomes embroiled in a web of computer espionage. Sandra Bullock, Jeremy Northam
8.30 **Fatherland** (1994, M) Twenty years after the Nazis won WWII, a German cop and a US journalist team up to expose the horrifying secrets of the Third Reich. Rutger Hauer, Miranda Richardson
10.20 **The Shawshank Redemption** (1994, 16) Tim Robbins
12.40am Interview with the Vampire (1994, 16) **2.40** The Age of Innocence (1993, G) **4.55** In Cold Blood (1967, 18)

RIALTO SKY 039

6.55 **A Hole** (2021, PG) Josh McKenzie
7.10 **I Am: Maria** (M) s2ep3
8.00 **Working Woman** (2018, 16) Liron Ben-Shlush
9.35 **Klangor** (16) s1ep8
10.30 **Eiffel** (2021, M) Emma Mackey, Romain Duris
12.20 **Hunters** (M) s2ep1&2
2.00 **Finding You** (2021, PG) Rose Reid
3.55 **The Trick** (2021, M) Jason Watkins, George MacKay
5.30 **Blessed Child** (2019, M) US documentary.
6.45 **The World to Come** (2020, M) On the American frontier, two farmers' wives are drawn to each other. Vanessa Kirby
8.30 **Julia** (2021, M) US documentary about Julia Child, the cookbook author and television star who changed the way Americans thought about food women on television.
10.05 **It Must Be Heaven** (2019, M) Elia Suleiman
11.45 **Girl Like You** (2021, M) Australian documentary.
1.00am Beverly Hills Ninja (1997, M) **2.30** Finding You (2021, PG) **4.30** The Trick (2021, M)

SKY CHANNELS

Vibe SKY 006

6.00 Nikita (M) s1ep17 **6.55** Covert Affairs (M) s3ep final **7.40** Unforgettable (M) s1ep16 **8.30** The Good Wife (M) s7ep22 **9.15** Blindspot (16) s1ep5 **10.00** Southland (16) s3ep10 **10.50** Vera (M) s11ep1 **12.35** Shakespeare & Hathaway: Private Investigators (M) s4ep8 **1.35** Covert Affairs (M) s3ep16 **2.30** Unforgettable (M) s1ep16 **3.30** The Good Wife (M) s7ep22 **4.30** Southland (16) s3ep10 **5.30** Nikita (M) s1ep17 **6.30** Blindspot (16) s1ep5 **7.30** East New York (M) s1ep1 **8.30** The Gilded Age (M) s1ep2 **9.30** Our Girl (16) 2 Section must protect Chowdhrey so he can help bring down the leaders of the yaba trade. s3ep11 **10.30** The Good Wife (M) s7ep22 **11.30** Judge Judy (PG) **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (M) s4ep2 **10.15** Father Brown (PG) s6ep8 **11.05** Doc Martin (M) s2ep1 **11.55** Midsomer Murders (M) s4ep1 **1.40** The Bill (M) **2.30** New Tricks (M) s12ep1 **3.30** 8 Out of 10 Cats Does Countdown (M) **4.25** The Jonathan Ross Show (M) s16ep1 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie To You? (PG) **8.35** Dragons' Den: Best Ever Pitches (PG) s1ep5 **9.40** Holby City (M) A familiar face returns for the hospital's 150th anniversary. s21ep45 **10.45** Sanditon (PG) s2ep1 **11.45** Midsomer Murders (M) s4ep1 **1.25am** Programmes continue

SoHo SKY 010

6.00 Lovecraft Country (18) s1ep6 **7.00** Why Didn't They Ask Evans? (M) s1ep3 **8.00** The Great (M) s1ep final **8.50** Snowfall (18) s4ep6 **9.35** Riviera (16) s3ep5 **10.35** Real Time with Bill Maher (M) s19ep32 **11.45** The Third Day (18) s1ep3 **12.55** Lovecraft Country (18) s1ep6 **2.00** Why Didn't They Ask Evans? (M) s1ep3 **3.05** The Great (M) s1ep10 **3.55** I May Destroy You (18) s1ep9 **4.25** Dave (16) s1ep10 **4.55** Insecure (16) s4ep3 **5.25** Black Monday (16) s2ep1&2 **6.30** Eyes on the Prize: Hallowed Ground (M) Documentary. **7.30** Perry Mason (16) s1ep8 **8.35** Devils (16) s2ep8 **9.30** Your Honor (16) s2ep7 **10.30** Real Time with Bill Maher (M) s21ep5 **11.30** Mr Inbetween (16) s3ep4 **12.00am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.40** Farmhouse Rules (PG) **8.05** House Hunters (PG) **9.00** Selling Houses Australia (PG) **10.00** Salvage Hunters (PG) **11.00** Escape to the Country (PG) **11.55** Location Location Location (PG) **12.50** Lost for Words (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Farmhouse Rules (PG) **4.45** Salvage Hunters (PG) **5.40** A Place in the Sun (PG) **6.35** Location Location Location (PG) **7.30** Escape to the Country (PG) **8.30** Guy! Hawaiian Style (PG) **9.30** Wedding Cake Championship (PG) **10.25** Restoration Australia (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** Love, Honour, Betray (M) **7.45** Body Cam (M) **8.35** Crimes Gone Viral (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Your Worst Nightmare (M) **1.05** Dates from Hell (M) **2.00** I (Almost) Got Away with It (M) **2.55** Deadly Affairs (M) **3.50** People Magazine Investigates (M) **4.45** American Detective with Lt. Joe Kenda (M) **5.40** Evil Kin (M) **6.35** Your Worst Nightmare (M) **7.30** Evil Lives Here (M) **8.30** Love, Honour, Betray (M) **9.30** In Pursuit with John Walsh (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.00 The Artist's Workshop **6.15** Chu Teh Chun **7.15** The Decisive Moment **7.30** Living for Art **8.30** The Artist's Workshop **8.45** Photos That Changed the World **10.15** Put Some Colour in Your Life **10.45** A-Z: The First Alphabet **11.45** The Great Pottery Throw Down **12.30** Waharoa: Art of the Pacific **1.15** The Artist's Workshop **1.30** Chu Teh Chun **2.30** The Decisive Moment **2.45** Living for Art **3.45** The Artist's Workshop **4.00** Brahms: The String Sextets **5.20** Mozart Week 2021: Daniel Barenboim & Cecilia Bartoli **6.40** Mozart Week 2021: Mozart's Stadler Quintet **7.45** Winter Journey: Schubert's Winterreise (G) Benjamin Appl and James Baillieu perform Schubert's songs in the wintry landscape of the Julier Pass in south-east Switzerland. **9.15** Verbier Festival 2021: Mao Fujita **10.30** Mozart Week 2021: Mozartiade **12.00am** Programmes continue

Discovery SKY 070

6.05 Pool Kings (PG) **6.30** How Do They Do It? (PG) **6.55** Mysteries at the Museum (PG) **7.45** Homestead Rescue (PG) **9.25** Aussie Gold Hunters (PG) **10.20** Expedition Unknown (PG) **11.15** Most Extreme: Mysteries at the Museum (PG) **12.10** Pool Kings (PG) **12.40** How Do They Do It? (PG) **1.05** Naked and Afraid (M) **2.30** How Do They Do It? (PG) **2.55** Gold Rush: White Water (M) **3.50** Gold Rush (M) **4.45** Homestead Rescue (PG) **5.40** Deadliest Catch (M) **6.35** Deadliest Catch Special (M) **7.30** Deadliest Catch (M) **8.30** Homestead Rescue (PG) **10.30** Homestead Rescue Special (PG) **11.25** Naked and Afraid (M) **1.05am** Programmes continue

National Geographic SKY 072

6.30 Air Crash Investigation (M) **7.30** Wicked Tuna: Outer Banks (PG) **8.30** Ukraine War from the Air (M) **9.30** Apocalypse: Hitler Takes on the West (M) **10.30** Only in Oz (PG) **11.30** Lost Treasures of the Maya (PG) **12.30** Air Crash Investigation (M) **1.20** Wicked Tuna: Outer Banks (PG) **3.00** Only in Oz (PG) **3.10** King Tut in Color (PG) **4.00** WW2 Hell Under the Sea (M) **4.50** Drain the Oceans (PG) **5.40** Megastructures **6.30** Science of Stupid (M) **7.20** Lost Treasures of Egypt (PG) **8.10** Air Crash Investigation (M) **9.00** Nazi Megastructures (PG) **9.50** Drain the Bermuda Triangle (PG) **10.40** Gordon Ramsay: Uncharted (PG) **11.30** Only in Oz (PG) **11.40** Banged Up Abroad (M) **12.30am** Programmes continue

History SKY 073

6.30 Trains That Changed the World (PG) **7.20** Colosseum (M) **8.20** Time Team **9.20** Secrets of the Railways (PG) **10.20** Time Team **11.20** American Dynasty (PG) **12.30** Smoke and Steel: The Modern World (PG) **1.25** Dogfights (PG) **2.20** Great German Battleships of World War II (PG) **3.30** Gladiators of WWII (PG) **4.30** Tales of the Gun (PG) **5.30** Secrets of the Railways (PG) **6.30** Time Team **7.30** Steam Train Journeys (PG) **8.30** History's Greatest Mysteries (PG) **9.20** Roman Megastructures (PG) **10.20** Treasures of Ancient Greece (PG) **11.20** Abandoned Engineering (PG) **12.20am** Programmes continue

BBC Earth SKY 074

6.00 Arabia with Levison Wood (PG) **6.55** Life Below Zero: The Thaw (M) **7.45** Where the Wild Men Are (PG) **8.35** From Ice to Fire (PG) **9.35** Trust Me, I'm a Doctor (PG) **10.35** The Dog Rescuers (PG) **11.20** 24 Hours in A&E (PG) **12.10** Africa (PG) **1.00** Africa: The Making of (PG) **1.10** From Ice to Fire (PG) **2.15** Arabia with Levison Wood (PG) **3.10** Natural Born Hustlers (PG) **4.05** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (M) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Patrick Aryee's Monkeys (PG) **9.25** Attenborough: 60 Years in the Wild (PG) **10.25** Africa (PG) **11.20** Africa: The Making of (PG) **11.30** Natural Born Hustlers (PG) **12.25am** Programmes continue

Living: Farmhouse Rules, 4.15pm

SKY SPORT

Sky Sport 1 SKY 051

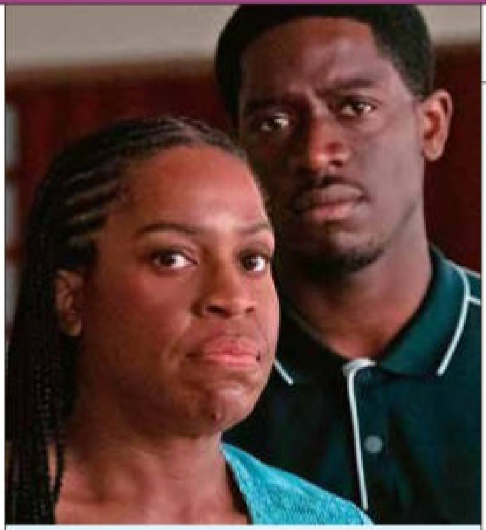
6.00 Spirit of Sport **6.30** World Rugby Sevens Series, Los Angeles, group stage and quarter-finals **6.45** World Rugby Sevens Series, Los Angeles, semi-finals and final **7.00** Aotearoa Rugby Pod **8.00** Six Nations, Wales v England, replay from Principality Stadium, Cardiff **9.55** Super Rugby Aupiki, Hurricanes Poua v Chiefs Manawa, replay from Levin Domain **11.50** Spirit of Sport **12.20** Super Rugby Pacific, Highlanders v Blues, replay from Forsyth Barr Stadium, Dunedin **2.20** India v Australia, 2nd test wrap **4.50** India v Australia, 3rd test, day 1, from Himachal Pradesh Cricket Association Stadium, Dharamsala, **live 1.00am** Six Nations, France v Scotland, replay **3.00** Six Nations, Italy v Ireland, replay **4.55** Aotearoa Rugby Pod **5.55** The Women's Game

Sky Sport 2 SKY 052

8.00 ATP 500, Mexican Open, day 1 **9.00** Aotearoa Rugby Pod **10.00** Six Nations, Italy v Ireland, replay **Noon** The Crowd Goes Wild **1.00** ATP 500, Dubai Tennis Championships, day 2, match of the day **2.30** ATP 500, Dubai Tennis Championships, day 2 **3.30** Six Nations, France v Scotland, replay **5.30** Rugby Nation **6.00** NBL Slam **6.30** Sky Speed **7.00** Kiwi Football Fix **8.00** The Women's Game **8.30** A-League Women, round 15 highlights **9.30** A-League Men, latest round highlights **10.30** The Women's Game **11.00** NRL Try Time **12.00am** Once a Warrior with Monty Betham **12.30** Premier League, Tottenham Hotspur v Chelsea, replay **2.25** The Women's Game **2.50** Pakistan Super League, Peshawar Zalmi v Karachi Kings, **live**

Sky Sport 3 SKY 053

6.00 Pakistan Super League, Lahore Qalanders v Islamabad United **6.30** ICC Women's T20 World Cup, White Ferns v Australia; **7.00** South Africa v White Ferns; **7.30** White Ferns v Bangladesh; **8.00** White Ferns v Sri Lanka; **8.30** ICC Women's T20 World Cup, semi-finals and final **10.00** South Africa v West Indies, 1st test, day 1 **Noon** ICC Women's T20 World Cup, final, replay **3.30** ICC Women's T20 World Cup, semi-finals and final **5.00** South Africa v West Indies, 1st test, day 1 **5.30** Pakistan Super League, Karachi Kings v Multan Sultans **6.00** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi **6.30** Pakistan Super League, Lahore Qalanders v Islamabad United **7.00** ICC Women's T20 World Cup, semi-final 1 **7.20** ICC Women's T20 World Cup, semi-final 2 **7.50** ICC Women's T20 World Cup, final **8.20** South Africa v West Indies, 1st test, day 1 **8.50** Live, South Africa v West Indies, 1st test, day 2, **live 5.00am** ICC Women's T20 World Cup, semi-final 1 **5.30** ICC Women's T20 World Cup, semi-final 2



Drama: SNOWFALL

John Singleton set his drama series about the effects of crack cocaine on African American communities in LA before the events of his acclaimed 1991 film *Boyz n the Hood*, when "kids still played in the streets", he told *Entertainment Weekly*. However, after the drug showed up, some areas became war zones, although he wanted to also explore the impact of a rise in wealth for some. Singleton died in 2019, but his vision has lived on up to the sixth, and final, season, which starts today. The show follows drug dealer Franklin (Damson Idris) and others connected to the trade, including CIA officers who used cocaine to find Contras in Nicaragua.

SOHO, 9.30pm

Action: WHISKEY CAVALIER

The number of FBI-themed shows produced by Hollywood are too many to count. *Whiskey Cavalier* was one of three that were cancelled in 2019 after just one season, while Dick Wolf's *FBI* persists. This show, starring Scott Foley and Lauren Cohan, was fun while it lasted.

VIBE, 7.30pm

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**C**) Jenny-May Clarkson, Anna Burns-Francis, Matt McLean and Chris Chang present news, sport, information and weather.
9.00 **Lingo** (G, R, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.00 **Attitude** (G, R, **C**, **AD**) Danielle Aitchison was born with cerebral palsy and now, at 21, she is one of Aotearoa's rising paralympians.
1.30 **Coronation Street** (PG, R, **C**, **AD**) Chaos ensues when Carla gets behind the wheel of Underworld's van.
2.00 **Millionaire Hot Seat** (G, **C**) Hosted by Eddie McGuire.
3.00 **Tipping Point** (G, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **C**, **AD**) Car thieves cut and run right in front of Delta team Luke and Skudder.
5.00 **The Chase** (G, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**C**)
7.00 **Seven Sharp** (**C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **The Great British Sewing Bee** (PG, **C**, **AD**) Sara Pascoe presents a UK sewing competition series. Tonight, in Reduce, Reuse, Recycle week, scraps are used to create quilted patchwork jackets, old coats are given a new lease of life, and second-hand duvets become maxi dresses. s8ep4
8.45 **Hard Quiz** (M, **C**) Tom Gleeson hosts an Australian quiz show. Tonight's topics are French cheese, world chess champions, leaders of the Soviet Union, and the White Stripes.
9.25 **Coronation Street** (PG, **C**, **AD**)
10.25 **1 News** (**C**)
10.55 **I Don't Like Cricket** (**C**) Hosted by Mark Richardson.
11.25 **Shortland Street** (PG, R, **C**, **AD**)
11.55 🟥 **Doctor Doctor** (M, R, **C**, **AD**) Penny might be leaving Whyhope forever. s4ep10
12.45am **Funny As: The Story of New Zealand Comedy** (16, R, **C**, **AD**)
1.45 **Te Karere** (R)
2.10 **Infomercials**
5.30 – 6.00 **Te Karere** (R)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **C**)
6.30 **Maia the Brave** (G, R, **C**, **AD**)
6.40 **Takaro Tribe** (G, R, **C**, **AD**)
6.50 **Darwin and Newts** (G, R, **C**, **AD**)
7.00 **Scooby Doo! Guess Who** (G, **C**)
7.25 **Miraculous: Tales of Ladybug and Cat Noir** (G, R, **C**)
7.50 **Ninjago** (G, R, **C**)
8.15 **Kangaroo Beach** (G, **C**)
8.35 **Gabby's Dollhouse** (G, **C**)
9.00 **Infomercials**
9.30 **Les Mills Adult Classes** (G, R, **C**)
10.00 **Will & Grace** (PG, R) s5ep8
10.30 **Home and Away** (PG, R, **C**)
11.00 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.30 **Dress to Impress** (PG, **C**) s3ep1
12.35 **Treasure Island: Fans v Faves** (PG, R, **C**, **AD**)
1.35 **My Impossible House** (G, R, **C**, **AD**)
2.35 **The Drew Barrymore Show** (PG, **C**)
3.35 **Jamie Johnson** (G, **C**) s7ep12
4.05 **The Worst Witch** (G, **C**)
4.35 **Sabrina the Teenage Witch** (G, R, **C**)
5.00 **Pictionary** (PG, **C**)
5.30 **Friends** (G, R, **C**) s5ep10
6.00 **The Simpsons** (PG, R, **C**) Mr Burns falls in love with a younger woman and recruits Homer to help him impress her. s13ep4
6.30 **Home and Away** (PG, **C**) Rose's flirtation turns to fear, and Ziggy chooses mother's instinct over doctor's advice.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Jack finds mud sticks, and Marty sees himself in Rahu.
7.30 **The Dog House NZ** (PG, **C**, **AD**) Melissa is looking to begin her journey as a first-time dog owner, and carer for the elderly Jillian hopes for a furry companion who will enjoy the social side of her job. s1ep3
8.30 **Love Triangle** (16, **C**, **AD**) Australian dating show. Tonight, six new couples meet the other participants at the first couple's party. s1ep3
9.40 **First Dates Australia** (16, **C**, **AD**) One hopeful puts himself out there after a heartbreaking loss, and a pink-obsessed nurse sets hearts racing. s5ep3
10.40 **CSI: Crime Scene Investigation** (16, **C**) s10ep8
12.35am **Eyewitness** (16, **C**) s1ep8
1.20 **Emmerdale** (PG, R, **C**, **AD**)
1.45 **Infomercials**
2.40 🟩 **Blowing L.A** (M, R) s1ep1
3.25 **Wipeout** (PG, R, **C**)
4.10 **Hollyoaks** (PG, R, **C**, **AD**)
4.35 **2 Tunes**
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge, Melissa Chan-Green and William Waiirua.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon 🟦 **Buried Secrets** (2014, M, R, **C**) Sarah Carter, Dan Payne.
2.00 **Breaking Amish** (M, **C**)
3.00 **You Have Been Warned** (PG, **C**)
4.00 **Kitchen Crashers** (G, **C**)
4.30 **Yard Crashers** (G, R, **C**) s11ep3
5.00 **Gold Rush: Dave Turin's Lost Mine** (PG, **C**)
6.00 **Newshub Live** (**C**)
7.00 **The Project** (**C**) With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **Guy Montgomery's Guy-Mont Spelling Bee** (PG, **C**, **AD**) Local comedy spelling competition. Tonight, Urzila Carlson, James Mustapic, Tim Batt and last week's Carry-Over Champion.
8.30 **The Graham Norton Show** (M, **C**) With Dame Judi Dench, Hugh Jackman, Michael B Jordan, Eugene Levy, Paul Rudd, Michael Douglas, and music from P!nk. s30ep18
9.35 **Deadliest Catch: Dungeon Cove** (PG, **C**) Three weeks into the season, a storm tears through the crab grounds. s1ep3
10.30 **Newshub Late**
11.00 **NCIS: Los Angeles** (M, R, **C**)
12.00am **Infomercials**
5.30 – 6.00 **AM Early** News, information and weather.

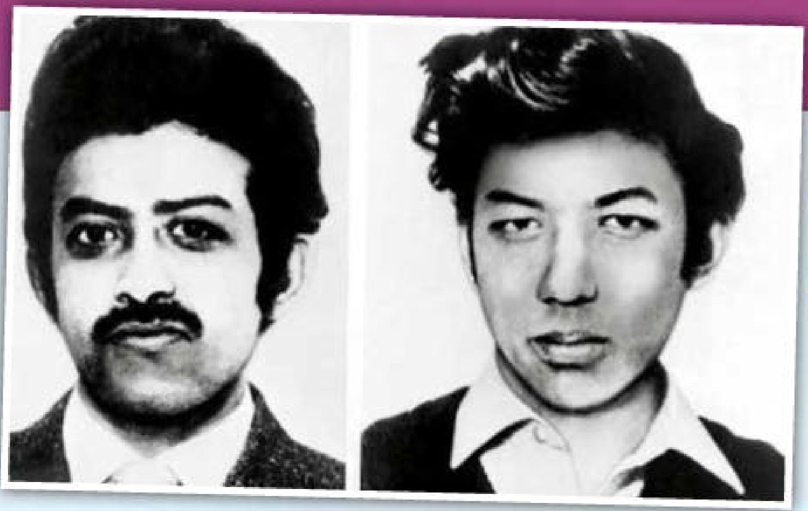
PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.00 **Jeopardy** (G, R)
9.25 **Take Out with Lisa Ling** (M, R, **C**)
10.00 **Infomercials**
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.25 **Jeopardy** (G)
3.50 **A-League Men Round Highlights** (G)
5.00 **Rural Delivery** (G, **C**)
5.30 **Prime News**
6.00 **The Women's Game** (G)
6.30 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **Celebrity Bake Off** (PG, R, **C**)
8.35 **Romantic Getaway** (M, **C**)
9.05 **Rosie Molloy Gives Up Everything** (16, **C**)
9.35 **FBI** (M, **C**)
10.35 **The Crowd Goes Wild** (PG)
11.05 **UFC on Sky** (M)
11.35 **The Late Show with Stephen Colbert** (PG)
12.30am **The Comeback** (16, **C**)
1.00 – 6.00 **Infomercials**

🟩 **NEW** 🟨 **RETURN** 🟥 **FINAL** 🟦 **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Bake-Off** (G, R)
10.00 **Hurō Pēpi** (G, R)
10.30 **Princesses** (G, R)
11.00 **Pio Terei Tonight** (PG, R)
Noon **Te Ao Tapatahi**
12.30 ■ **Perfect Strangers** (2016, M, R) Anna Foglietta.
2.10 **Tōku Reo** (G, R)
2.40 **Ōpaki** (G, R)
3.10 **Kids' Programmes**
5.00 **Te Puna Ako me Koro Kunekune** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Mātaatua** (G, R)
6.30 **Te Ao Mārama**
7.00 **Nanakia 2.0** (PG, R) The waka heads to Rotorua.
7.30 **Haka at Home** (PG, R) Kapa haka from around Aotearoa.
8.30 **Takes a Village** (M, R) Comedy series.
9.00 **Only in Aotearoa** (M, R) Sketch comedy series.
9.30 **Whatta Beauty** (PG, R) William Waiirua meets kombucha entrepreneur Renee MacDonald.
10.00 **Mura o te Ahi** (PG, R) Debating competition.
10.30 **Queer and Here** (PG, R) Aniwa Whaiapu Koloamatangi learns abouut the queer history of Aotearoa.
11.00 – 11.30 Te Ao Mārama (R)



Film: THE WIMBLEDON KIDNAPPING

The abduction and presumed murder of Muriel McKay in Wimbledon in 1969 seems to have been bungled from the get-go. For one, the kidnappers wanted to abduct Rupert Murdoch's wife, Anna, but got his deputy's wife instead. **RIALTO, 8.30pm**

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Shark Tank** (PG, R)
11.00 **Snapped** (M, R)
Noon **24 Hours in Emergency** (M, R)
1.00 **Below Deck** (M, R)
2.00 **Love It or List It** (G, R)
3.00 **Celebrity Ghost Stories Classics** (PG, R)
4.00 **Keeping Up with the Kardashians** (PG, R)
5.00 **Love It or List It Vancouver** (G)
6.00 **Judge Jerry** (G)
6.30 **Shark Tank** (PG, R)
7.30 **24 Hours in Emergency** (M) Howard is treated for burns after an explosion at home.
8.30 **Below Deck** (M) A Bollywood dancing group give the crew a run for their money.
9.30 **Mayday Air Disaster** (M) US pilots lose two engines near enemy territory.
10.30 **Snapped** (M, R)
11.30 **Killer Couples** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Infomercials**
6.30 **Restaurant: Impossible** (G, R)
7.20 **The Pioneer Woman** (G, R)
7.45 **Valerie's Cooking** (G, R)
8.10 **Giada in Italy** (G, R)
8.40 **Gino's Italian Express** (G, R)
9.05 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Ben Fogle** (PG, R)
1.00 **Richard Hammond's Workshop** (G, R)
2.00 **Bondi Rescue** (PG, R)
2.30 **Border Security Aus** (PG, R)
3.00 **Restaurant: Impossible** (G)
3.55 **Bizarre Foods** (G)
4.20 **Mary Berry's Simple Comforts** (G, R)
5.00 **Museum Mysteries** (PG, R)
6.00 **American Pickers** (PG, R)
6.55 **Shipping Wars** (PG, R)
7.25 **Bondi Rescue** (PG)
8.00 **Border Security Aus** (PG)
8.30 **Full Bloom** (PG)
9.25 **Lose a Stone in 21 Days** (PG, R)
10.30 **The Colours of China** (G)
11.30 **Flea Market Flip** (G, R)
12.05am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Building Off the Grid** (G, R)
6.50 **Alaska: The Last Frontier** (PG, R)
7.40 **Treehouse Masters** (PG, R)
8.30 **Overhaulin'** (PG, R)
9.20 **Building Alaska** (G, R)
10.10 **Homestead Rescue** (PG, R)
10.55 **Alaska: The Last Frontier** (PG, R)
11.40 **Overhaulin'** (PG, R)
12.35 **Treasure Quest** (PG, R)
1.20 **Bering Sea Gold** (PG, R)
2.10 **Cooper's Treasure** (M, R)
3.00 **Treehouse Masters** (PG, R)
3.50 **Building Off the Grid: Mountain Lodge** (G, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.40 **Treehouse Masters** (PG)
6.30 **Overhaulin'** (PG, R)
7.30 **Fastest Cars in the Dirty South** (PG)
8.30 **Kindig Customs** (PG)
9.25 **Street Outlaws: No Prep Kings** (PG)
10.35 **Alaska: The Last Frontier** (PG)
11.30 **Treehouse Masters** (PG, R)
12.20am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox Music**
Noon **Heavy Rescue 401** (PG, R)
12.55 **Impossible Engineering** (G, R, **C**)
1.50 **Superstore** (M, R, **C**, **AD**) s4ep1
2.15 **Community** (PG, R, **C**) s1ep12
2.40 **Taste of Australia** (G, R, **C**)
3.05 **Hunting Aotearoa** (PG, R) s12ep2
3.30 **The Chase Australia** (G, R, **C**)
4.25 **ABC World News** (PG)
4.45 **Heavy Rescue 401** (G, R)
5.40 **Parks and Recreation** (PG, **C**) s3ep11
6.05 **Community** (PG, **C**) s3ep1
6.35 **The Goldbergs** (PG, **C**) s3ep16
7.05 **The Office US** (PG, **C**) s3ep19
7.30 **The Simpsons** (G, R, **C**) s10ep21
8.30 **Saving Lives at Sea** (M, **C**, **AD**) s2ep4
9.40 **Full Metal Junkies** (M, **C**) s1ep5
10.40 **South Seas Spearo** (M, R, **C**) s3ep4
11.40 **Icons of Auto** (G, R)
12.30am Top Gear (PG, R, C, AD) s30ep3 **1.30 – 1.50** ABC World News (PG, R)

SKY PREMIERE SKY 030

6.20 **Redeeming Love** (2022, M) Abigail Cowen, Tom Lewis
8.32 **Lost & Found** (2019, M) Samaire Armstrong
10.07 **Dog** (2022, M) Channing Tatum, Jane Adams
11.50 **The 355** (2022, M) Jessica Chastain, Penelope Cruz
1.55 **No Sudden Move** (2021, 16) Don Cheadle, Benicio Del Toro
3.50 **Off the Rails** (2021) (2021, M) Kelly Preston, Jenny Seagrove
5.25 **Juniper** (2021, M) Charlotte Rampling, George Ferrier
7.00 **Supercool** (2022, 16) Neil and Gilbert's friendship is tested when Neil makes a wish that makes him supercool for one night only. Jake Short, Miles J Harvey
8.30 **Jurassic World Dominion** (2022, M) After Isla Nublar was destroyed, dinosaurs live and hunt alongside humans. Chris Pratt, Bryce Dallas Howard
10.56 **Last Night in Soho** (2020, 16) Anya Taylor-Joy
12.49am Separation (2020, M) **2.34** Here Today (2021, M) **4.27** King Richard (2021, M)

MOVIES CLASSICS SKY 034

7.05 **Fatherland** (1994, M) Rutger Hauer, Miranda Richardson
8.55 **Death Wish** (1974, 16) Charles Bronson
10.25 **In a Lonely Place** (1950, PG) Humphrey Bogart, Gloria Grahame
11.55 **Mean Streets** (1973, 18) Robert De Niro, Harvey Keitel
1.45 **Gandhi** (1982, PG) Ben Kingsley, Om Puri
4.50 **Stripes** (1981, 16) Bill Murray, Harold Ramis
6.33 **Moulin Rouge** (1952, M) In 1890s Paris, a crippled painter is tormented by his doomed relationships with a prostitute and model. Jose Ferrer, Zsa Zsa Gabor
8.30 **Rob Roy** (1995, M) A Scottish clan chief battles a sadistic nobleman in the Highlands. Liam Neeson, Jessica Lange
10.45 **The Deer Hunter** (1978, 18) The lives of three steelworkers are upended after fighting in the Vietnam War. Robert De Niro, Christopher Walken
1.45am The Exorcist (1973, 16) **3.55** Bonnie and Clyde (1967, M) **5.45** Fun with Dick and Jane (1977, PG)

RIALTO SKY 039

6.05 **Julia** (2021, M) US documentary.
7.40 **It Must Be Heaven** (2019, M) Elia Suleiman
9.25 **The World to Come** (2020, M) Vanessa Kirby
11.10 **Girl Like You** (2021, M) Australian documentary.
12.25 **Hunters** (16) s2ep3&4
2.05 **Til Kingdom Come** (2020, PG) UK documentary.
3.20 **The Last Shift** (2020, M) Richard Jenkins
4.50 **Collective** (2019, 16) Romanian documentary.
6.40 **Flag Day** (2021, 16) A father lives a double life as a counterfeiter, bank robber and con artist. Sean Penn, Josh Brolin
8.30 **Rialto Documentary: The Wimbledon Kidnapping** (2021, M) UK documentary about the disappearance of Muriel McKay, the UK's first kidnapping case.
10.05 **Little Fish** (2020, M) Olivia Cooke
11.45 **Reel Britannia** (M) s1ep1
12.50am Seems Like Old Times (1980, PG) **2.30** Hunters (16) s2ep3&4 **4.00** Collective (2019, 16) **5.50** The Last Shift (2020, M)

SKY CHANNELS

Vibe SKY 006

6.00 Nikita (M) s1ep18 **6.55** Covert Affairs (M) s4ep1 **7.40** Unforgettable (M) s1ep17 **8.30** Judging Amy (M) s1ep1 **9.15** Blindspot (16) s1ep6 **10.00** Southland (16) s4ep1 **10.50** The Gilded Age (M) s1ep2 **11.40** Our Girl (16) s3ep11 **12.40** East New York (M) s1ep1 **1.35** Covert Affairs (M) s4ep1 **2.30** Unforgettable (M) s1ep17 **3.30** Judging Amy (M) s1ep1 **4.30** Southland (16) s4ep1 **5.30** Nikita (M) s1ep18 **6.30** Blindspot (16) s1ep6 **7.30** Whiskey Cavalier (M) s1ep1 **8.30** Funny Woman (M) Sophie proves herself to be a natural performer, but when the pilot is aired, it's not the instant hit they'd hoped. s1ep3 **9.30** Mare of Easttown (18) Phone records lead to an unlikely suspect. s1ep3 **10.30** Judging Amy (M) s1ep1 **11.30** Judge Judy (PG) **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (M) s4ep3 **10.15** Father Brown (PG) s6ep9 **11.05** Doc Martin (M) s2ep2 **11.55** Midsomer Murders (M) s4ep2 **1.40** The Bill (M) **2.30** New Tricks (M) s12ep2 **3.30** 8 Out of 10 Cats Does Countdown (M) **4.25** The Jonathan Ross Show (M) s16ep2 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** All Round to Mrs Brown's (M) s4ep4 **9.25** The Jonathan Ross Show: Special Guests (M) s1ep1 **10.00** Grantchester (M) s2ep1 **10.55** Midsomer Murders (M) s4ep2 **12.35am** Programmes continue

SoHo SKY 010

6.20 Eyes on the Prize: Hallowed Ground (M) **7.20** Perry Mason (16) s1ep8 **8.25** Devils (16) s2ep8 **9.20** Your Honor (16) s2ep7 **10.20** Real Time with Bill Maher (M) s21ep5 **11.20** In Treatment (M) s4ep16 **11.50** The Good Lord Bird (18) s1ep3 **12.35** Perry Mason (16) s1ep8 **1.50** Mr Inbetween (16) s3ep4 **2.20** In Treatment (M) s4ep16 **2.50** Eyes on the Prize: Hallowed Ground (M) **3.50** I May Destroy You (18) s1ep10 **4.25** Run (16) s1ep1 **4.55** Insecure (16) s4ep4 **5.30** Black Monday (16) s2ep3&4 **6.30** City on a Hill (16) s2ep2 **7.30** Fleabag (18) s2ep1 **8.00** I Love That for You (M) s1ep6 **8.30** I Hate Suzie Too (M) Suzie learns that Cob is refusing her application for custody of Frank at Christmas. s2ep2 **9.30** Snowfall (18) s6ep1 **10.30** The Last of Us (18) s1ep7 **11.30** Wolfe (M) s1ep1 **12.20am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.40** Farmhouse Rules (PG) **8.05** House Hunters (PG) **9.00** Wedding Cake Championship (PG) **10.00** Guy! Hawaiian Style (PG) **11.00** Escape to the Country (PG) **11.55** Location Location Location (PG) **12.50** Restoration Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Farmhouse Rules (PG) **4.45** Guy! Hawaiian Style (PG) **5.40** A Place in the Sun (PG) **6.35** Location Location Location Australia (PG) **7.30** Escape to the Country (PG) **8.30** Giada on the Beach (PG) **9.00** Duff: Ace of Taste (PG) **9.30** Chopped (PG) **10.30** Escape to the Perfect Town (PG) **11.30** House Hunters (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** People Magazine Investigates (M) **7.45** Who Killed Leigh Jennings? (M) **8.35** Brittany Murphy: An ID Mystery (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Your Worst Nightmare (M) **1.05** Dates from Hell (M) **2.00** I (Almost) Got Away with It (M) **2.55** Deadly Affairs (M) **3.50** Extreme Measures (M) **4.45** Evil Lives Here: Shadows of Death (M) **5.40** Evil Kin (M) **6.35** Your Worst Nightmare (M) **7.30** Evil Lives Here (M) **8.30** Body Cam (M) **9.30** Crimes Gone Viral (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Mozart Week 2021: Mozartiade **8.00** Brahms: The String Sextets **9.20** Mozart Week 2021: Daniel Barenboim & Cecilia Bartoli **10.40** Mozart Week 2021: Mozart's Stadler Quintet **11.45** Winter Journey: Schubert's Winterreise **1.15** Verbier Festival 2021: Mao Fujita **2.30** Mozart Week 2021: Mozartiade **4.00** French Riviera with Picasso and Man Ray **5.00** Hollywood: So French **6.00** Poetry in America **6.25** Masterpieces Unveiled **6.50** Asian Art Stories in Aotearoa **7.00** The Birth of Haute Cuisine **8.00** George Carlin's American Dream (PG) **9.45** Asian Art Stories in Aotearoa **9.55** ■ An Impossible Project (2020, G) **11.30** Classical Destinations with Simon Callow **12.00am** Programmes continue

Discovery SKY 070

6.05 Pool Kings (PG) **6.30** How Do They Do It? (PG) **6.55** Mysteries at the Museum (PG) **7.45** Homestead Rescue (PG) **9.25** Aussie Gold Hunters (PG) **10.20** Deadliest Catch (M) **11.15** Building Alaska (PG) **12.10** Pool Kings (PG) **12.40** How Do They Do It? (PG) **1.05** Naked and Afraid (M) **2.55** Gold Rush: White Water (M) **3.50** Gold Rush (M) **4.45** Homestead Rescue (PG) **5.40** Aussie Gold Hunters (PG) **6.35** Gold Rush (M) **8.30** Outback Opal Hunters (PG) **9.30** Gold Rush Special (M) **10.30** Extreme Ice Machines (PG) **11.25** Naked and Afraid (M) **1.05am** Programmes continue

National Geographic SKY 072

6.30 Science of Stupid (M) **7.20** Lost Treasures of Egypt (PG) **8.10** Air Crash Investigation (M) **9.00** Nazi Megastructures (PG) **9.50** Drain the Bermuda Triangle (PG) **10.40** Gordon Ramsay: Uncharted (PG) **11.30** Only in Oz (PG) **11.40** Banged Up Abroad (M) **12.30** Air Crash Investigation (M) **1.20** Air Crash Investigation: Special Report (M) **2.10** Running Wild with Bear Grylls (PG) **3.00** Only in Oz (PG) **3.10** Lost Treasures of Egypt (PG) **4.00** WW2 Hell Under the Sea (M) **4.50** Drain the Oceans (PG) **5.40** Megastructures (PG) **6.30** Science of Stupid (M) **7.20** Lost Treasures of Egypt (PG) **8.10** Air Crash Investigation (M) **9.00** Nazi Megastructures (PG) **9.50** Drain the Sunken Pirate City (PG) **10.40** Gordon Ramsay: Uncharted (PG) **11.30** Only in Oz (PG) **11.40** Banged Up Abroad (M) **12.30am** Programmes continue

History SKY 073

6.30 Roman Megastructures (PG) **7.30** Treasures of Ancient Greece (PG) **8.35** Time Team **9.35** Secrets of the Railways (PG) **10.35** Time Team **11.35** Steam Train Journeys (PG) **12.30** History's Greatest Mysteries (PG) **1.20** Dogfights (PG) **2.20** Hawker Hurricane (PG) **3.30** Gladiators of WWII (PG) **4.30** Tales of the Gun (PG) **5.30** Secrets of the Railways (PG) **6.30** Time Team **7.30** Secrets of the Lost Liners (PG) **8.30** Ancient Black Ops (PG) **9.30** Lucy Worsley's Royal Myths & Secrets (PG) **10.40** Ancient Superstructures (PG) **11.40** The UnXplained (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Arabia with Levison Wood (PG) **6.55** Life Below Zero: The Thaw (M) **7.45** Where the Wild Men Are (M) **8.35** From Ice to Fire (PG) **9.35** Trust Me, I'm a Doctor (M) **10.30** The Dog Rescuers (PG) **11.15** 24 Hours in A&E (PG) **12.05** Africa (PG) **1.00** Africa: The Making of (PG) **1.10** From Ice to Fire (PG) **2.10** Arabia with Levison Wood (PG) **3.05** Natural Born Hustlers (PG) **4.05** Seven Worlds, One Planet: Minisodes (PG) **4.10** Trust Me, I'm a Doctor (M) **5.05** Life Below Zero (PG) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (PG) **8.30** The Dog Rescuers with Alan Davies (PG) **9.20** Wild Shepherdess (PG) **10.20** The Trials of Life (PG) **11.15** Natural Born Hustlers (PG) **12.10am** Programmes continue

SoHo: In Treatment, 2.20pm

SKY SPORT

Sky Sport 1 SKY 051

6.25 Six Nations, France v Scotland, replay from Stade de France, Paris **8.20** Super Rugby Pacific, Highlanders v Blues, replay **10.20** Super Rugby Aupiki, Matatū v Blues, replay from Forsyth Barr Stadium, Dunedin **12.20** Super Rugby Pacific, Reds v Hurricanes, replay from Queensland Country Bank Stadium, Townsville **2.20** Super Rugby Pacific, Moana Pasifika v Fijian Drua, replay from Mt Smart Stadium, Auckland **4.20** India v Australia, 3rd test, day 1 **4.50** India v Australia, 3rd test, day 2, from Himachal Pradesh Cricket Association Stadium, Dharamsala, live **1.00am** Six Nations Under 20s, France v Scotland, relay **3.00** Six Nations Under 20s, Italy v Ireland, replay **5.00** Six Nations Under 20s, Wales v England, replay

Sky Sport 2 SKY 052

7.00 Kiwi Football Fix 21 **8.00** A-League Women, round 15 highlights **9.00** A-League Men, latest round highlights **10.00** The Women's Game **10.30** Spirit of Sport **11.00** ATP 500, Mexican Open, day 2, match of the day **12.30** ATP 500, Dubai Tennis Championships, day 3, match of the day **2.00** ATP 500, Dubai Tennis Championships, day 3 **3.00** NBL Slam **3.30** Six Nations, Wales v England, replay **5.30** NBL Slam **6.00** NBL Overtime **6.30** UFC on Sky **7.00** The Crowd Goes Wild, live **7.30** ATP 500, Dubai Tennis Championships, day 3, match of the day **9.00** ATP 500, Dubai Tennis Championships, day 3 **10.00** UFC on Sky **10.30** Kiwi Football Fix **11.30** The Crowd Goes Wild **12.00am** Super Rugby Pacific, Force v Rebels, replay **2.00** UFC on Sky **2.30** Premier League, Crystal Palace v Liverpool **2.50** Pakistan Super League, Lahore Qalanders v Quetta Gladiators, live

Sky Sport 3 SKY 053

6.00 ICC Women's T20 World Cup, final **6.30** Pakistan Super League, Karachi Kings v Multan Sultans **7.00** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi **7.30** Pakistan Super League, Lahore Qalanders v Islamabad United **8.00** India v Australia, 3rd test, day 1 **10.00** South Africa v West Indies, 1st test, day 2 **Noon** Pakistan Super League, Peshawar Zalmi v Karachi Kings, replay **4.00** ICC Women's T20 World Cup, final **4.30** South Africa v West Indies, 1st test, day 1 **5.00** South Africa v West Indies, 1st test, day 2 **5.30** No Boundaries **6.00** Pakistan Super League, Lahore Qalanders v Peshawar Zalmi **6.30** Pakistan Super League, Lahore Qalanders v Islamabad United **7.00** Pakistan Super League, Peshawar Zalmi v Karachi Kings **7.30** ICC ICC Women's T20 World Cup, final **7.50** No Boundaries **8.20** South Africa v West Indies, 1st test, day 2 **8.50** South Africa v West Indies, 1st test, day 3, live **5.00am** South Africa v West Indies, 1st test, day 1 **5.30** South Africa v West Indies, 1st test, day 2

TVNZ 1 FREEVIEW 1 SKY 001

6.00 Breakfast (**C**) Jenny-May Clarkson, Anna Burns-Francis, Matt McLean and Chris Chang present news, sport, information and weather.
9.00 Lingo (G, R, **C**) Adil Ray hosts a UK quiz show.
10.00 Tipping Point (G, R, **C**) Ben Shephard hosts a UK quiz show.
11.00 The Chase (G, R, **C**) Bradley Walsh hosts a UK quiz show.
Noon 1 News (**C**)
12.30 Emmerdale (PG, **C**, **AD**)
1.00 Country Calendar (PG, R, **C**, **AD**) A Central Otago sheep-farming couple have built a business around coloured wool.
1.30 Coronation Street (PG, R, **C**, **AD**) Max prepares to be sentenced in court, and Amy's plan to reconcile Brian and Mary backfires.
2.00 Millionaire Hot Seat (G, **C**) Hosted by Eddie McGuire.
3.00 Tipping Point (G, **C**) Ben Shephard hosts a UK quiz show.
4.00 Te Karere A Māori perspective on the day's news and current affairs.
4.30 🟥 **Dog Squad** (G, R, **C**, **AD**) Delta team Dan and Kong help out with a family's worst nightmare.
5.00 The Chase (G, R, **C**) Bradley Walsh hosts a UK quiz show.
6.00 1 News (**C**)
7.00 Seven Sharp (**C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 The Repair Shop (G, **C**, **AD**) UK series in which expert craftspeople restore treasured items.
8.30 Selling Houses Australia (G, **C**) David and Mary have decided to move from Tasmania to mainland Australia for more job opportunities.
9.30 🟥 **Moving Houses** (G, R, **C**, **AD**) Clarke Gayford hosts a local series following house relocations. Tonight, a 100-year-old church has been saved from demolition, but now must make a treacherous journey around Lake Wakatipu. s1ep10
10.35 1 News (**C**)
11.05 Shortland Street (PG, R, **C**, **AD**)
11.35 Good with Wood (G, R, **C**, **AD**) Mel Giedroyc hosts a UK woodworking competition show. Tonight, woodworkers make a handcrafted clock and a bunch of realistic roses. s2ep2
12.35am Big Fat Gypsy Weddings (16, R, **C**, **AD**)
1.25 Te Karere (R)
2.05 Infomercials
5.35 – 6.00 Te Karere (R)

TVNZ 2 FREEVIEW 2 SKY 002

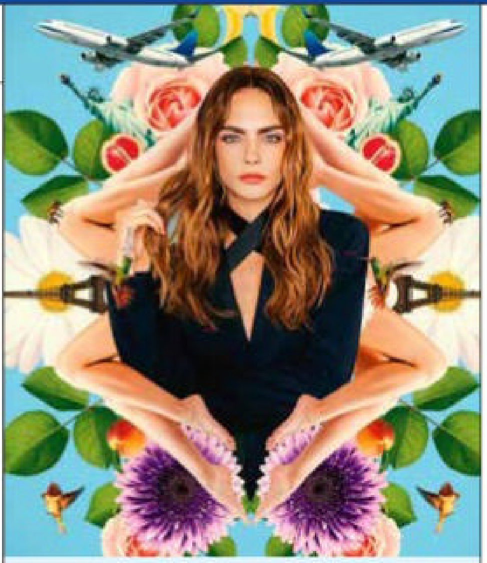
6.00 Les Mills Born to Move (G, R, **C**)
6.25 Kiri and Lou (G, R, **C**, **AD**)
6.30 Maia the Brave (G, R, **C**, **AD**)
6.40 Takaro Tribe (G, R, **C**, **AD**)
6.55 Darwin and Newts (G, R, **C**, **AD**)
7.05 Scooby Doo! Guess Who (G, **C**)
7.30 Miraculous: Tales of Ladybug and Cat Noir (G, R, **C**)
7.55 🟥 **Ninjago** (G, R, **C**)
8.15 Kangaroo Beach (G, **C**)
8.40 Gabby's Dollhouse (G, **C**)
9.00 Infomercials
9.30 Les Mills Adult Classes (G, R, **C**)
10.00 Will & Grace (PG, R) s5ep9
10.30 Home and Away (PG, R, **C**)
11.00 Shortland Street (PG, R, **HD**, **C**, **AD**)
11.35 Dress to Impress (PG, **C**) s3ep2
12.35 The Chase Australia (G, R, **C**)
1.35 My Impossible House (G, R, **C**, **AD**)
2.35 The Drew Barrymore Show (PG, **C**)
3.35 🟥 **Jamie Johnson** (G, **C**) s7ep13
4.05 🟥 **The Worst Witch** (PG, **C**)
4.35 🟥 **Sabrina the Teenage Witch** (G, R, **C**)
5.00 Pictionary (PG, **C**)
5.30 Friends (G, R, **C**) s5ep11
6.00 The Simpsons (PG, R, **C**) s13ep5
6.30 Home and Away (PG, **C**)
7.00 Shortland Street (PG, **HD**, **C**, **AD**) Helping Jack gets Monique in hot water.
7.30 Patriot Brains with Sue Perkins (PG, **C**) UK comedian Sue Perkins hosts a local comedy panel show. Tonight, the teams are tested on their knowledge of accidental sex symbols and edible bugs. s2ep4
8.30 Beauty and the Geek (PG, **C**, **AD**) Australian dating show. Tonight, the Beauties and Geeks swap lives for a day. s8ep8
9.30 So Dumb It's Criminal (16, R, **C**) Snoop Dogg, Affion Crockett and Godfrey analyse clips of criminals with happy feet, robbers who embrace the holiday spirit, and dumb scammers. s1ep4
10.05 🟥 **Paranormal Caught on Camera** (G, R, **C**) A man captures three glowing UFOs hovering in Hawaii.
11.05 🟥 **The Bridge UK** (16, **C**, **AD**) s2ep8
12.05am Taskmaster (16, R, **C**, **AD**) s12ep1
12.55 Tell Me a Story (16, **C**) s1ep4
1.45 Emmerdale (PG, R, **C**, **AD**)
2.10 Infomercials
3.10 🟧 **Harry Potter: Hogwarts Tournament** (G, R) s1ep1
3.55 Wipeout (G, R, **C**)
5.30 – 6.00 2 Tunes

THREE FREEVIEW 3 SKY 003

6.00 AM With Ryan Bridge, Melissa Chan-Green and William Waiirua.
9.00 Infomercials
10.30 Gold Rush (PG, R, **C**)
11.30 Newshub Live
Noon 🟦 **Under Fire** (2016, M, R, **C**) A woman whose husband was killed in the line of duty goes undercover to solve his last case while dealing with her gravely ill daughter. Andrea Bowen, Yasmeene Ball, Jim Thorburn.
2.00 Breaking Amish (M, **C**)
3.00 You Have Been Warned (PG, **C**)
4.00 Kitchen Crashers (G, **C**)
4.30 Yard Crashers (G, R, **C**) s11ep4
5.00 Gold Rush: Dave Turin's Lost Mine (PG, **C**) Dave's entire season comes down to the final 24 hours.
6.00 Newshub Live (**C**)
7.00 The Project (**C**) With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 NRL Live (**C**) NZ Warriors v Newcastle Knights, live from Sky Stadium, Wellington. Kick-off at 8pm.
9.30 NRL Post Game Live Analysis of the round 1 NRL game between NZ Warriors and Newcastle Knights.
10.00 Newshub Late
10.30 L.A.'s Finest (M, R, **C**) Syd and McKenna think they are on the right track when their lives are threatened. s2ep3
11.35 Yard Crashers (G, R, **C**) s11ep4
12.05am – 6.00 Infomercials

PRIME FREEVIEW 10 SKY 004

6.00 Infomercials
8.00 Kids' Programmes (**C**)
9.00 Jeopardy (G, R)
9.25 Take Out with Lisa Ling (M, **C**)
10.00 Infomercials
Noon Parenthood (M)
1.00 House (M, **C**)
2.00 The Late Show with Stephen Colbert (PG, R)
3.00 Wheel of Fortune (G)
3.30 Jeopardy (G)
4.00 Outback Truckers (PG, **C**)
5.00 The Crowd Goes Wild (PG, R)
5.30 Prime News
6.00 The Middle (PG, **C**)
6.30 Storage Wars (PG, R, **C**)
7.00 Pawn Stars (PG, R)
7.30 Young Rock (PG, **C**)
8.30 Pawn Stars (PG) Rick asks Dennis Quaid to help authenticate a signed poster.
9.30 World Rugby Sevens Series Highlights (G) Los Angeles.
10.40 RAW (PG)
11.40 The Late Show with Stephen Colbert (PG)
12.40am The Comeback (16, **C**)
1.30 – 6.00 Infomercials



Documentary: PLANET SEX WITH CARA DELEVINGNE

It sounds titillating, but it is, according to the *Guardian* anyway, quite informative and British actor Delevingne is "the perfect mix of wit, warmth, intelligence and curiosity". Delevingne (*Carnival Row*) might be a child of privilege, but she has had her struggles with depression and internalised homophobia. She is able to be open about this in a non-cringeworthy way. Episodes look at sexuality, gender fluidity, the "orgasm gap", ethical porn, the science of love and ideas of beauty.
THREENOW

Rugby League: NRL LIVE

The 116th season of the NRL starts on March 2; the Warriors' first game is against the Newcastle Knights at Sky Stadium tonight. The number of teams in the tournament has increased to 17, with the newly minted Dolphins, from Moreton Bay, Queensland, joining the fray. The Warriors had a torrid 2022 season; let's hope they can pick it up.
THREE, 7.30pm

🟩 **NEW** 🟧 **RETURN** 🟥 **FINAL** 🟦 **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 Kids' Programmes
8.30 Oranga Ngākau (G, R)
9.30 Whānau Bake-Off (G, R)
10.00 Lucky Dip (G, R)
10.30 Nanakia 2.0 (PG, R)
11.00 Rage Against the Rangatahi (PG, R)
11.30 Eke Panuku IRL (G, R)
Noon Te Ao Tapatahi
12.30 The Walkers (PG, R)
1.00 Mura o te Ahi (PG, R)
2.00 Tōku Reo (G, R)
2.30 Ōpaki (G, R)
3.00 Ako (G, R)
3.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Mātaatua (G, R)
6.30 Te Ao Mārama
7.00 Pacific Island Food Revolution (G, R) Teams from Samoa, Fiji and Tonga compete.
8.00 Kai Safari (G, R) With Sonia Gray and Russell Harrison.
8.30 The Outliers (PG, R) ISIS investigator Rez Gardi, Jonique Purcell from Nah Zone, and film-maker Julie Zhu.
9.00 Merchants of the Wild (G, R) Six Indigenous strangers try to survive in the wild.
9.30 Skindigenous (G, R) Series featuring Indigenous tattooing traditions.
10.00 Whiua Te Paatai (G, R)
10.30 – 11.30 Kōrero Tuku Iho (G, R)

Film: BOOK OF LOVE

Stuffy Englishman has the stuffing knocked out of him by a fiery Latina; it's a romcom made of stereotypes, clichés and tourism. But if you're looking for something completely innocuous, and we could do with a distraction right now, this will do the trick.

SKY MOVIES PREMIERE, 10.25pm

BRAVO FREEVIEW 4 SKY 012

6.00 Infomercials
10.00 Shark Tank (PG, R)
11.00 Snapped (M, R)
Noon 24 Hours in Emlergency (M, R)
1.00 Below Deck (M, R)
2.00 Love It or List It (G, R)
3.00 Celebrity Ghost Stories Classics (PG, R)
4.00 Keeping Up with the Kardashians (PG, R)
5.00 Love It or List It Vancouver (G)
6.00 Judge Jerry (G)
6.30 Shark Tank (PG, R)
7.30 NZ Clubhouse Rescue with Izzy & Beaver (G) Israel Dagg and Stephen Donald help renovate an inline hockey club in Hamilton.
8.30 ■ Dumb and Dumber To (2014, M, **C**) Lloyd and Harry take a road trip to find a child Harry never knew he had. Jim Carrey, Jeff Daniels.
10.50 Snapped (M, R)
11.45 Killer Couples (M, R)
12.35am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 Infomercials
6.30 Restaurant: Impossible (G, R)
7.20 The Pioneer Woman (G, R)
7.45 Valerie's Cooking (G, R)
8.10 Bizarre Foods (G, R)
8.35 Mary Berry (G, R)
9.10 Museum Mysteries (PG, R)
10.10 American Pickers (PG, R)
11.05 Restored (G, R)
Noon Lose a Stone in 21 Days (PG, R)
1.05 Full Bloom (PG, R)
2.00 Bondi Rescue (PG, R)
2.30 Border Security Aus (PG, R)
3.05 Restaurant: Impossible (G)
4.00 Bobby Flay (G)
4.30 Choccywoccydoodah (G, R)
5.00 Museum Mysteries (PG, R)
6.00 American Pickers (PG, R)
6.55 Shipping Wars (PG, R)
7.30 Bondi Rescue (PG)
8.00 Border Security Aus (PG)
8.30 Celebrity Gogglebox (16)
9.30 Escape to the Chateau (G)
10.30 Escape to the Chateau: Make Do and Mend (G)
11.30 Flea Market Flip (G, R)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 Fastest Cars in the Dirty South (PG, R)
6.50 Alaska: The Last Frontier (PG, R)
7.45 Treehouse Masters (PG, R)
8.35 Fast N' Loud (PG, R)
9.20 Kindig Customs (PG, R)
10.10 Fast N' Loud (PG, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Fast N' Loud (PG, R)
12.40 Junkyard Empire (PG, R)
1.30 Wrench'd (PG, R)
2.20 Cuban Chrome (PG, R)
3.10 Treehouse Masters (PG, R)
3.55 Fastest Cars in the Dirty South (PG, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.30 Overhaulin' (PG, R)
7.30 The Alaska Triangle (PG)
8.30 Expedition Unknown (PG)
9.25 UFO Witness (M)
10.25 Alaska: The Last Frontier (PG)
11.20 Treehouse Masters (PG, R)
12.15am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 On Duke Today
11.00 DUKEbox Music
Noon Heavy Rescue 401 (G, R)
12.55 Impossible Engineering (G, R, **C**)
1.50 Superstore (PG, R, **C**, **AD**)
2.15 Community (PG, R, **C**) s1ep13
2.40 Taste of Australia (G, R, **C**)
3.05 Hunting Aotearoa (PG, R) s12ep3
3.35 The Chase Australia (G, R, **C**)
4.25 ABC World News (PG)
4.50 Heavy Rescue 401 (G, R)
5.45 Parks and Recreation (PG, **C**) s3ep12
6.10 Community (PG, **C**) s3ep2
6.35 The Goldbergs (PG, **C**)
7.05 The Office US (PG, **C**) s3ep20
7.30 The Simpsons (PG, R, **C**) s10ep23
8.30 Family Guy (PG, R, **C**, **AD**)
9.25 ■ Anchorman 2: The Legend Continues (2013, 16, **C**, **AD**) With the 70s behind him, San Diego's top-rated anchorman takes a job at New York's first 24-hour news channel. Will Ferrell.
11.35 Friday Night Lights Marathon (PG, **C**)
1.50am – 2.10 ABC World News (PG, R)

SKY PREMIERE SKY 030

6.47 Georgetown (2021, 16) Christoph Waltz, Vanessa Redgrave
8.24 Everything Everywhere All at Once (2022, 16) Michelle Yeoh, Stephanie Hsu
10.39 American Underdog (2021, PG) Zachary Levi, Anna Paquin
12.29 Top Gun: Maverick (2022, M) Tom Cruise, Miles Teller
2.35 Uncharted (2022, M) Tom Holland, Mark Wahlberg
4.30 Morbius (2022, M) Jared Leto, Matt Smith
6.15 Stillwater (2021, M) A roughneck travels from Oklahoma to France to visit his estranged daughter, who is in prison for a murder she claims she didn't commit. Matt Damon, Abigail Breslin
8.30 Scream (2022, 16) Twenty-five years after the original murders, a new killer dons the Ghostface mask. Neve Campbell, Courtney Cox
10.25 Book of Love (2022, M) Sam Claflin, Verónica Echegui
12.15am Halloween Kills (2021, 16) **2.00** Jackass Forever (2022, 16) **3.35** Malignant (2021, 18) **5.25** Blue Bayou (2020, M)

MOVIES CLASSICS SKY 034

7.20 Dog Day Afternoon (1975, 18) Al Pacino, John Cazale
9.25 The Green Berets (1968, PG) John Wayne, George Takei
11.45 The Last Picture Show (1971, M) Jeff Bridges, Cybill Shepherd
1.50 The Color Purple (1985, PG) Whoopi Goldberg, Danny Glover
4.20 The Client (1994, M) Susan Sarandon, Tommy Lee Jones
6.20 The Fugitive (1993, M) After he is accused of murdering his wife, a doctor escapes custody to clear his name and find the real killer. Harrison Ford, Tommy Lee Jones
8.30 Bury My Heart at Wounded Knee (2007, M) After the Sioux victory over General Custer at Little Big Horn, generations of Native Americans are displaced as the US expands west. Anna Paquin, Aidan Quinn, August Schellenberg
10.43 The Guns of Navarone (1961, PG) Gregory Peck
1.18am Copycat (1995, 18) **3.20** The Remains of the Day (1993, PG) **5.32** Night of the Creeps (1986, 16)

RIALTO SKY 039

7.20 Flag Day (2021, 16) Sean Penn, Josh Brolin
9.10 The Wimbledon Kidnapping (2021, M) UK documentary.
10.45 Little Fish (2020, M) Olivia Cooke
12.25 Hunters (M) s2ep5&6
2.05 Danny Boy (2021, M) Toby Jones
3.35 I Am Richard Pryor (2019, 16) Canadian documentary.
5.10 It Snows in Benidorm (2020, 16) Timothy Spall
7.05 Reel Britannia (M) s1ep4
8.30 Rendez-vous (1985, 16) An aspiring actress in Paris becomes involved with a real estate agent, his roommate and a theatre director. Juliette Binoche
9.55 Crimes of the Future (2022, 18) A performance artist showcases the metamorphosis of his organs in avant-garde performances. Viggo Mortensen, Kristen Stewart
11.40 Lamb (2021, 16) Noomi Rapace
1.25am Werewolves Within (2021, 16) **3.00** Heart to Heart (2021, M) **3.20** Hunters (M) s2ep5&6 **5.00** I Am Richard Pryor (2019, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Nikita (M) s1ep19 **6.55** Covert Affairs (M) **7.40** Unforgettable (M) s1ep18 **8.30** Judging Amy (M) s1ep2 **9.15** Blindspot (16) s1ep7 **10.00** Southland (16) s4ep2 **10.50** Whiskey Cavalier (M) s1ep1 **11.40** Funny Woman (M) s1ep3 **12.30** Mare of Easttown (18) s1ep3 **1.35** Covert Affairs (M) **2.30** Unforgettable (M) s1ep18 **3.30** Judging Amy (M) s1ep2 **4.30** Southland (16) s4ep2 **5.30** Nikita (M) s1ep19 **6.30** Blindspot (16) s1ep7 **7.30** Motive (M) s2ep1 **8.30** Good Behavior (16) s1ep1 **9.30** Outlander (18) Jamie, Claire and Young Ian embark on an uncertain journey to rescue Roger. s4ep11&12 **11.30** Judging Amy (M) s1ep2 **12.30am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (M) s4ep4 **10.15** Father Brown (PG) s6ep10 **11.05** Doc Martin (M) s2ep3 **11.55** Midsomer Murders (M) s4ep3 **1.40** The Bill (M) **2.30** New Tricks (M) s12ep3 **3.30** 8 Out of 10 Cats Does Countdown (M) **4.25** The Jonathan Ross Show (M) s16ep3 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** Keeping Up Appearances (PG) s3ep6 **7.30** Hypothetical (M) s2ep1 **8.20** 8 Out of 10 Cats Does Countdown (M) **9.15** 8 Out of 10 Cats Does Countdown (M) **10.10** All Round to Mrs Brown's (M) s3ep3 **11.05** Midsomer Murders (M) s4ep3 **12.50am** Programmes continue

SoHo SKY 010

6.40 A Million little things (M) s4ep1 **7.25** Last Week Tonight with John Oliver (M) s9ep3 **8.00** City on a Hill (16) s2ep2 **9.00** I Love That for You (M) s1ep6 **9.30** I Hate Suzie Too (M) s2ep2 **10.25** Wolfe (M) s1ep1 **11.15** City on a Hill (16) s2ep2 **12.15** Snowfall (18) s6ep1 **1.10** Fleabag (18) s2ep1 **1.40** I Love That for You (M) s1ep6 **2.10** I Hate Suzie Too (M) s2ep2 **3.05** Wolfe (M) s1ep1 **3.50** I May Destroy You (18) s1ep11 **4.25** Run (16) s1ep2 **4.55** Insecure (16) s4ep5 **5.30** Black Monday (16) s2ep5&6 **6.30** The Plot Against America (16) s1ep5 **7.30** Condor (16) s2ep9 **8.30** We're Here (M) s3ep5 **9.30** Equal (M) Police brutality at the Stonewall Inn sets off an uprising that inspires the first Pride marches. s1ep4 **10.10** I Hate Suzie (M) s1ep5 **10.50** Last Week Tonight with John Oliver (M) s10ep2 **11.30** Britannia (18) s3ep8 **12.15am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.40** Farmhouse Rules (PG) **8.05** House Hunters (PG) **9.00** Chopped (PG) **10.00** Giada on the Beach (PG) **10.30** Duff: Ace of Taste (PG) **11.00** Escape to the Country (PG) **11.55** Location Location Location Australia (PG) **12.50** Escape to the Perfect Town (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Farmhouse Rules (PG) **4.45** Giada on the Beach (PG) **5.15** Duff: Ace of Taste (PG) **5.40** A Place in the Sun (PG) **6.35** Location Location Location Australia (PG) **7.30** Escape to the Country (PG) **8.30** Every Family Has a Secret (PG) **9.30** Long Lost Family UK (PG) **10.30** Inside the Factory (PG) **11.30** House Hunters (PG) **12.00am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** Still a Mystery (M) **7.45** American Detective with Lt. Joe Kenda (M) **8.35** Body Cam (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Your Worst Nightmare (M) **1.05** Dates from Hell (M) **2.00** I (Almost) Got Away with It (M) **2.55** Deadly Affairs (M) **3.50** Body Cam (M) **4.45** Crimes Gone Viral (M) **5.40** Evil Kin (M) **6.35** Your Worst Nightmare (M) **7.30** Evil Lives Here (M) **8.30** American Detective with Lt. Joe Kenda (M) **9.30** Two Shallow Graves (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

7.30 Classical Destinations with Simon Callow **8.00** French Riviera with Picasso and Man Ray **9.00** Hollywood: So French **10.00** Poetry in America **10.25** Masterpieces Unveiled **10.50** Asian Art Stories in Aotearoa **11.00** The Birth of Haute Cuisine **Noon** George Carlin's American Dream (PG) **1.45** Asian Art Stories in Aotearoa **1.55** ■ An Impossible Project (2020, G) **3.30** Classical Destinations with Simon Callow **4.00** ■ Pearl Jam: Twenty (2011, PG) **6.00** To the Moon **7.05** Off Camera: Sam Rockwell **8.00** Stars of the Silver Screen: Laurence Harvey **9.00** Comedy Legends: Kenneth Williams **9.45** Landmark **10.30** Stars of the Silver Screen: Leslie Caron **12.00am** Programmes continue

Discovery SKY 070

6.05 Pool Kings (PG) **6.30** How Do They Do It? (PG) **6.55** Mysteries at the Museum (PG) **7.45** Homestead Rescue (PG) **9.25** Aussie Gold Hunters (PG) **10.20** Outback Opal Hunters (PG) **11.15** Gold Rush (M) **12.10** Pool Kings (PG) **12.40** How Do They Do It? (PG) **1.05** Naked and Afraid (M) **2.55** Gold Rush: White Water (M) **3.50** Gold Rush (M) **5.40** Aussie Gold Hunters (PG) **6.35** Gold Rush (M) **7.30** Outback Opal Hunters (PG) **8.30** Naked and Afraid XL (M) **10.30** Expedition Unknown (PG) **11.25** Naked and Afraid (M) **1.05am** Programmes continue

National Geographic SKY 072

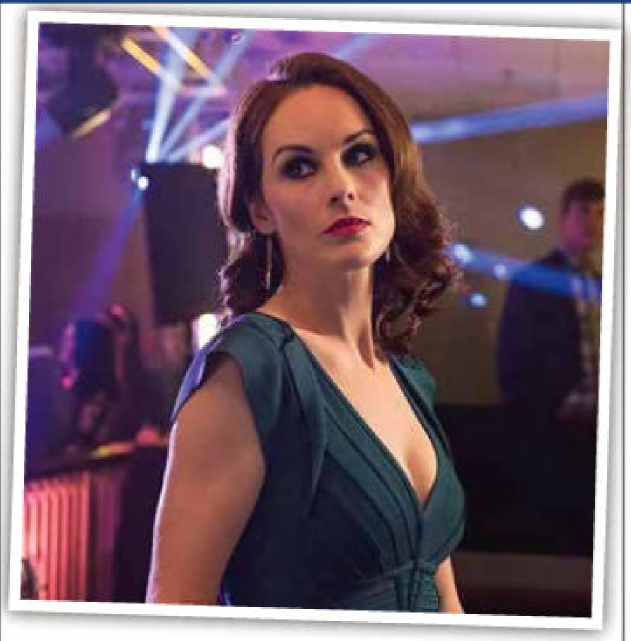
6.30 Science of Stupid (M) **7.20** Lost Treasures of Egypt (PG) **8.10** Air Crash Investigation (M) **9.00** Nazi Megastructures (PG) **9.50** Drain the Sunken Pirate City (PG) **10.40** Gordon Ramsay: Uncharted (PG) **11.30** Only in Oz (PG) **11.40** Banged Up Abroad (M) **12.30** Air Crash Investigation (M) **1.20** Air Crash Investigation: Special Report (M) **2.10** Running Wild with Bear Grylls (PG) **3.00** Only in Oz (PG) **3.10** Lost Treasures of Egypt (PG) **4.00** WW2 Hell Under the Sea (M) **4.50** Drain the Oceans (PG) **5.40** Megastructures **6.30** Science of Stupid (M) **7.20** Lost Treasures of Egypt (PG) **8.10** Air Crash Investigation (M) **9.00** Nazi Megastructures (PG) **9.50** Drain the Oceans: WWII (PG) **10.40** Gordon Ramsay: Uncharted (PG) **11.30** Only in Oz (PG) **11.40** Banged Up Abroad (M) **12.30am** Programmes continue

History SKY 073

6.25 Lucy Worsley's Royal Myths & Secrets (PG) **7.40** Ancient Superstructures (PG) **8.40** Time Team **9.40** Secrets of the Railways (PG) **10.40** Time Team **11.40** Secrets of the Lost Liners (PG) **12.40** Ancient Black Ops (PG) **1.40** Campaigns That Made History (PG) **3.30** Gladiators of WWII (PG) **4.30** Narrow Escapes of World War II (PG) **5.30** Secrets of the Railways (PG) **6.30** Time Team **7.30** Massive Engineering Mistakes (PG) **8.30** Abandoned Engineering (PG) **9.30** The Engineering That Built the World (PG) **10.20** The Australian SAS: The Untold History (M) **11.25** Myth Hunters (PG) **12.25am** Programmes continue

BBC Earth SKY 074

6.00 Arabia with Levison Wood (PG) **6.55** Life Below Zero (M) **7.45** Where the Wild Men Are (PG) **8.35** Feast to Save the Planet (PG) **9.30** The Psychedelic Drug Trial (M) **10.25** The Dog Rescuers with Alan Davies (PG) **11.10** 24 Hours in A&E (PG) **Noon** Attenborough's Natural Curiosities (PG) **12.25** The Trials of Life (PG) **1.15** Feast to Save the Planet (PG) **2.15** Arabia with Levison Wood (PG) **3.10** Natural Born Hustlers (PG) **4.05** Seven Worlds, One Planet: Minisodes (PG) **4.10** The Psychedelic Drug Trial (M) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Evolve with Patrick Aryee **9.30** The Perfect Diet for You (PG) **10.35** The Trials of Life (PG) **11.25** Natural Born Hustlers (PG) **12.20am** Programmes continue



Vibe: Good Behavior, 8.30pm

SKY SPORT

Sky Sport 1 SKY 051

7.00 Rugby Nation **7.30** Super Rugby Pacific, Moana Pasifika v Fijian Drua, replay from Mt Smart Stadium, Auckland **9.30** Six Nations, France v Scotland, replay from Stade de France, Paris **11.30** Super Rugby Pacific, Force v Rebels, replay from HBF Park, Perth **1.30** Super Rugby Pacific, Crusaders v Chiefs, replay from Orangetheory Stadium, Christchurch **3.30** World Rugby Sevens Series, Los Angeles, day 1 **5.00** World Rugby Sevens Series, Los Angeles, day 2 **6.30** A-League All Access **7.00** Super Rugby Pacific, Moana Pasifika v Fijian Drua **7.15** Super Rugby Pacific, Crusaders v Chiefs **7.30** Super Rugby Pacific, Super Round Melbourne, Crusaders v Highlanders, from AAMI Park, **live 10.00** Super Rugby Pacific, Super Round Melbourne, Rebels v Hurricanes, from AAMI Park, **live 12.15am** FIA Formula One World Championship, Bahrain Grand Prix, Practice 1, **live 2.00** Sky Speed **2.30** FIA Formula E World Championship, round 5, Cape Town **3.30** FIA Formula One World Championship, Bahrain Grand Prix, Practice 2, **live 5.30** Sky Speed

Sky Sport 2 SKY 052

7.00 UFC on Sky **7.30** The Crowd Goes Wild **8.00** Premier League Darts, night 5, from Westpoint Arena, Exeter, **live 11.00** ATP Uncovered **11.30** Pakistan Super League, Peshawar Zalmi v Karachi Kings **Noon** South Africa v West Indies, 1st test, day 3 **12.30** Super Rugby Aupiki, Matatū v Blues, replay **2.20** ATP 500, Dubai Tennis Championships, day 4, match of the day **3.50** ATP 500, Dubai Tennis Championships, day 4 **4.50** India v Australia, 3rd test, day 3, from Himachal Pradesh Cricket Association Stadium, Dharamsala, **live 1.00am** Super League UK Highlights **1.25** A-League All Access **1.55** New Zealand Open, round 2 **2.20** Pakistan Super League, Lahore Qalanders v Quetta Gladiators **2.50** Pakistan Super League, Islamabad United v Karachi Kings, **live**

Sky Sport 3 SKY 053

6.00 Pakistan Super League, Lahore Qalanders v Peshawar Zalmi **6.30** Pakistan Super League, Lahore Qalanders v Islamabad United **7.00** Pakistan Super League, Peshawar Zalmi v Karachi Kings **7.30** India v Australia, 3rd test, day 2 **9.30** South Africa v West Indies, 1st test, day 3 **11.30** Pakistan Super League, Lahore Qalanders v Quetta Gladiators, replay **3.30** LPGA, HSBC Women's World Championship, round 1, from Sentosa Golf Club, Singapore, **live 8.30** ICC Women's T20 World Cup, semi-final 1 **8.50** South Africa v West Indies, 1st test, day 4, **live 5.00am** South Africa v West Indies, 1st test, day 1 **5.30** South Africa v West Indies, 1st test, day 2

RNZ Concert

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rnz.co.nz/concert
NB: Programmes are subject to change

SATURDAY

News and Weather 6.00, 8.00, 9.00, noon
6.00 Mornings with Carey McDonald **10.00** RNZ Concert Days **3.00** RNZ Concert Afternoons **5.00 Inside Out with Nick Tipping** Jazz favourites, standards and new releases **7.00** The Met Opera Season: Verdi's Macbeth (archive performance) – Martina Arroyo (Lady Macbeth), Franco Tagliavini (Macduff, Thane of Fife), Sherrill Milnes (Macbeth, Thane of Glamis), Ruggero Raimondi (Banquo, Thane of Lochaber), Rod MacWherter (Malcolm, son of Duncan), Metropolitan Opera Chorus & Orchestra/Francesco Molinari-Pradelli (recorded in Metropolitan Opera House, New York) **10.30** Evenings **12.00am** Music Through the Night

SUNDAY

News and Weather 6.00, 8.00, 9.00, noon
6.00 Mornings with Carey McDonald **7.30** Hymns on Sunday with Robyn Jaquiery **8.00** Mornings with Carey McDonald **10.00** RNZ Concert Days **3.00 The Musical Omnivore with David Morriss** David Morriss shares his love of scratchy records, classic artists, baroque-fever, and passion for the great romantics from Bruckner to Mahler **5.30 New Horizons with William Dart** Rock, pop, country, folk and beyond **6.00 Worlds of Music with Trevor Reekie** Music from the world, for the world **7.00** Made in New Zealand **9.00** Sound Lounge **12.00am** Music Through the Night

Paul Huang, *Music Alive with Clarissa Dunn*, Wednesday, 8pm.

MONDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 Mornings with Siliga Sani Muliaumaseali'i **10.00** Days with Nick Tipping **3.00** Three to Seven with Bryan Crump **7.00** Evenings with David Morriss **8.00 Music Alive with Clarissa Dunn** NZSO: Song of Destiny – Verdi: Nabucco Overture; Brahms: Song of Destiny Op 54; Dvorak: Symphony No 8 in G Op 88; Dvorak: Slavonic Dance in C Op 46/1, Voices New Zealand, New Zealand SO/James Judd (recorded in Michael Fowler Centre, Wellington) **10.00** Evenings with David Morriss **12.00am** Music Through the Night

TUESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 Mornings with Siliga Sani Muliaumaseali'i **10.00** Days with Nick Tipping **3.00** Three to Seven with Bryan Crump **7.00** Evenings with David Morriss **8.00 Music Alive with Clarissa Dunn** NZ Festival – Netherlands Chamber Choir: Best of 150 Psalms – Bach: Lobet den Herrn, alle Heiden BWV230; Van Der Aa: Psalm 5, Shelter; Berger: Psalm 145, The eyes of all wait upon Thee; Nees: Psalm, Netherlands Chamber Choir/Peter Dijkstra (recorded in Michael Fowler Centre, Wellington) **10.00** Evenings with David Morriss **12.00am** Music Through the Night

WEDNESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 Mornings with Siliga Sani Muliaumaseali'i **10.00** Days with Nick Tipping **3.00** Three to Seven with Bryan Crump **7.00** Evenings with David Morriss **8.00 Music Alive with Clarissa Dunn** 2022 Santa Fe Chamber Music Festival: Season Premiere – Schubert: Octet in F D803, Paul Huang (violin), William Hagen (violin), CarlaMaria Rodrigues (viola), Peter Stumpf (cello), Leigh Mesh (double bass), Ricardo Morales (clarinet), Christopher Millard (bassoon), Stefan Dohr (horn) (recorded in Santa Fe, New Mexico) **10.00** Evenings with David Morriss **12.00am** Music Through the Night

RNZ National

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rnz.co.nz
NB: Programmes are subject to change

SATURDAY

6.08 Storytime **7.08** Country Life **8.10** Saturday Morning with Kim Hill **12.10 Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **1.06** Music 101 with Charlotte Ryan **5.00** The World at Five **5.30 Tagata o te Moana** Pacific news, issues, information and music **6.06 Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **7.06 Saturday Night with Phil O'Brien** Requests, nostalgia and musical memories **12.04am** All Night Programme

SUNDAY

6.08 Storytime **7.10** Features Hour **8.06 Sunday Morning with Jim Mora** Including 9.06 Mediawatch **12.12 Arts on Sunday** Including 1.10 At the Movies **3.05** Classic Drama **4.06** The Arts Hour (BBC World Service) **5.00** The World at Five **5.10** Heart and Soul (BBC) **5.35 Te Manu Korihi** Māori news and issues **6.06 Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **6.50 Voices** Stories of New Zealanders who were born overseas **7.04 Smart Talk** Conversations recorded around Aotearoa and the world **8.06** The Sunday Night Retro Show with Phil O'Brien **10.00** News at Ten **10.15** Mediawatch **11.04** The Retro Cocktail Hour (KPR) **12.04am** All Night Programme

MONDAY

5.00 First Up with Nathan Rarere **6.00 Morning Report** News and interviews, with bulletins on the hour and half-hour **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06 Nights with Karyn Hay** Entertainment and information **10.00** News at Ten **11.04 Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **12.04am** All Night Programme

TUESDAY

5.00 First Up with Nathan Rarere **6.00 Morning Report** News and interviews, with bulletins on the hour and half-hour **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** Worlds of Music with Trevor Reekie **12.04am** All Night Programme

WEDNESDAY

5.00 First Up with Nathan Rarere **6.00 Morning Report** News and interviews, with bulletins on the hour and half-hour **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04 Inside Out** Nick Tipping presents classic recordings and modern masterpieces from the world of jazz **12.04am** All Night Programme

THURSDAY

5.00 First Up with Nathan Rarere **6.00 Morning Report** News and interviews, with bulletins on the hour and half-hour **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** Music 101 Pocket Edition **12.04am** All Night Programme

FRIDAY

5.00 First Up with Nathan Rarere **6.00 Morning Report** News and interviews, with bulletins on the hour and half-hour **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** The Mixtape **12.04am** All Night Programme

Duncan Garner, Today FM, weekdays, 9am.

THURSDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 Mornings with Siliga Sani Muliaumaseali'i **10.00 Days with Nick Tipping** Great works of classical music, shorter classics, and the odd ear-catching surprise **3.00** Three to Seven with Bryan Crump **7.00** Evenings with David Morriss **8.00 Music Alive with Clarissa Dunn** Orchestra Wellington: The River, Smetana: Vltava (The Moldau); Bartok: Piano Concerto No 1 Sz83; Chopin: Nocturne in C# minor Op posth; Dvorak: Symphony No 8 in G Op 88, Christopher Park (piano), Orchestra Wellington/Marc Taddei (recorded in Michael Fowler Centre, Wellington) **10.00** Evenings with David Morriss **12.00am** Music Through the Night

FRIDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 Mornings with Carey McDonald **10.00 Days with Nick Tipping** Great works of classical music, shorter classics, and the odd ear-catching surprise **3.00 Three to Seven with Bryan Crump** A mix of the fresh and the familiar, from school's out to dinner time and beyond **7.00** Evenings with David Morriss **7.30 Music Alive with Clarissa Dunn** Live from Auckland Town Hall – APO Premier Series: The Radical – Beethoven: Symphony No 8; Beethoven: Symphony No 9, Kirstin Sharpin (sop), Sally-Anne Russell (mezzo), Manase Latu (tenor), Teddy Tahu Rhodes (bass-bar), combined choir, Auckland Phil/Giordano Bellincampi **10.00** Evenings with David Morriss **12.00am** Music Through the Night

Newstalk ZB newstalkzb.co.nz

SATURDAY

6.00 Jamie Mackay 7.00 D'Arcy Waldegrave 9.00 Jack Tame Noon Jason Pine 3.00 The Weekend Collective 6.00 In My Day 12.00am Jim Snedden

SUNDAY

6.00 Peter Wolfkamp 9.00 Francesca Rudkin Noon Sportstalk 3.00 Tim Roxborogh & Tim Beveridge 6.00 Frank Ritchie & Jax Donaldson 7.30 John Cowan 8.00 Sunday Night Talk 11.00 The Nutters Club 1.00am Roman Travers

MONDAY-FRIDAY

5.00 Kate Hawkesby 6.00 Mike Hosking 9.00 Kerre Woodham Noon Simon Barnett & James Daniels (Andrew Dickens on Monday) 4.00 Heather du Plessis-Allan 7.00 Sportstalk 8.00 Marcus Lush 12.00am Roman Travers/Tim Beveridge/Jim Snedden

Today FM todayfm.co.nz

SATURDAY

6.00 Nigel Yalden 9.00 WellBeings with Dominic Bowden Noon Sport with Marc Peard & John Day 2.00 Sport with Marc Peard & John Day 6.00 Saturday Night Live 12.00am Today FM Late

SUNDAY

6.00 Best of Tova & Lloyd Burr Live 7.00 Build & Design with Hamish Dodd & Stan Scott 9.00 Mel Homer Noon Dave Letele & Nats Levi 6.00 Best ofs 8.00 Polly Gillespie 12.00am Today FM Late

MONDAY-THURSDAY

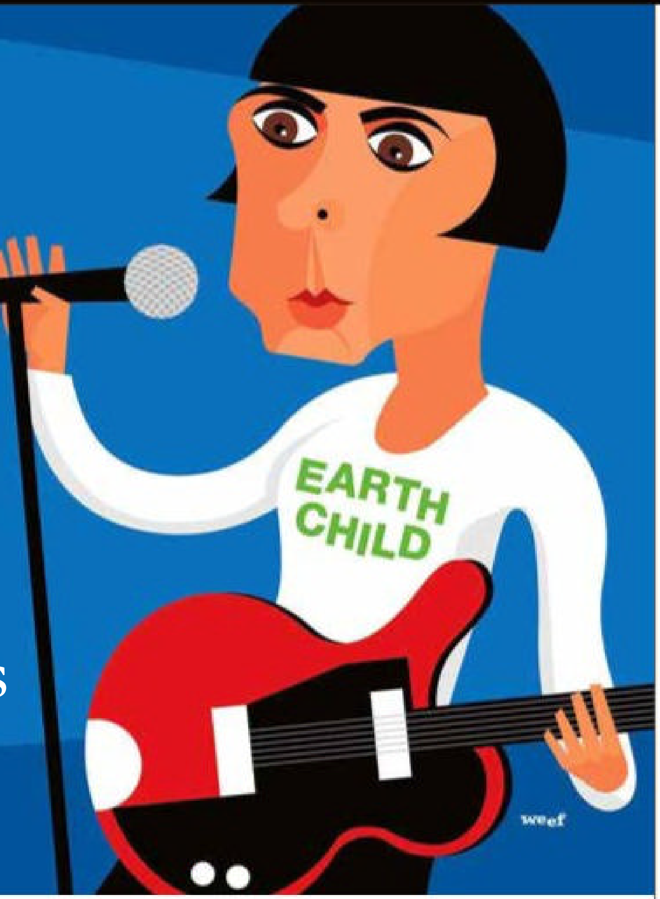
5.00 Rachel Smalley 6.30 Tova O'Brien 9.00 Duncan Garner Noon Leah Panapa & Mark Richardson 4.00 Lloyd Burr 7.00 Graeme Hill (Wilhelmina Shrimpton on Monday) 8.00 Polly Gillespie 12.00am Today FM Late

FRIDAY

As above until evening 7.00 Podcast Playout 9.00 Buttabean 12.00am Today FM Late

Classical

by ELIZABETH KERR



Back to nature

An album to mark Katherine Mansfield's death 100 years ago is a brilliant tribute.

New Zealand composer Janet Jennings chose five of Katherine Mansfield's poems for her song cycle *The Earth Child*, revealing and enhancing the poet's striking imagery and wondrous storytelling in beautiful songs full of poetic fantasies and witty tales.

The Earth Child was released on an album of the same name last month to mark the centenary of Mansfield's death in France on January 9, 1923.

The whole album is beautifully performed and a brilliantly curated tribute, including, alongside the Mansfield settings, a song cycle by Frenchman Gabriel Fauré and another by Jennings using New Zealander Ursula Bethell's poems. All exude a feminine sensibility both modernist and romantic.

Fauré composed his song cycle *La chanson d'Ève* using poetry by Belgian symbolist Charles van Lerberghe, in 1910, a year after Mansfield wrote her *Earth Child* poems. Fauré's 10 enchanting little songs are placed between the Mansfield cycle and Jennings' *Sit Down with Me Awhile*, five songs to poetry by Bethell.

All three cycles use nature, especially gardens and flowers, as metaphors for emotional states. In Fauré's cycle, Eve comes to life in the Garden of Eden. These beautiful, romantic settings exude a perfumed French sensuality, with bittersweet reminiscence, the exquisite sadness of twilight and finally darker colours and gentler passions as death approaches.

Bethell's poems are descriptive and earthy, her gardener struggling with soil and pests as well as nostalgia and loss. Jennings has used a direct, largely tonal language for these lovely and expressive songs.

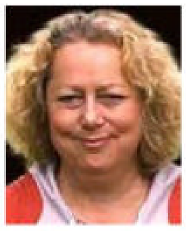
The Earth Child
Natasha Te Rupe-Wilson
and Somi Kim

Some of Fauré's dreamy French quality has found its way into Jennings' *The Earth Child* settings. Although the whole album is a delight, these five opening songs are reason enough to buy the collection. Stories ranging from mischievous and childlike to profound and dramatic are expressed in music marvellously sensitive to Mansfield's subtle nuances and complex characterisations.

The performances are exceptional and warmly communicative. Soprano Natasha Te Rupe Wilson (Te Arawa, Ngā Puhi) sings with emotional insight, using a fine range of vocal colour to create contrasting moods and narratives. Somi Kim's piano is as responsive to the singer as to the compositions, painting scenes with playing that's gently lyrical one moment, urgent and passionate the next. ▮

The Earth Child, a tribute to Katherine Mansfield on the centenary of her death. Song cycles by Janet Jennings and Gabriel Fauré, Natasha Te Rupe Wilson (soprano), Somi Kim (piano) (Atoll)

WEEF



MICHELE HEWITSON

Laid to rest

Here at Lush Places, we are in mourning. For a chicken. Little Linda has died. She was perfectly fine in the morning and ate up her breakfast with customary gusto. She attacked her sisters, which was her favourite thing to do, before making a mess of my garden and pooping everywhere. Then she started panting and 20 minutes later was dead. Greg dug a grave for her under the alder trees where she liked to forage for bugs. We threw in a handful of her preferred treat: sunflower seeds. We cut some hydrangeas and put them in a jar and shed a tear. She was the worst chicken in the world, but she was our worst chicken in the world. The next day, her sisters were discovered digging up her grave. They knocked the jar of hydrangeas over. Astonishingly, they don't appear to miss her. It is possible that chickens are not sentimental.

We will never know what killed her, but our best bet is that it was heat stroke. It can't have been old age. She was the youngest of our flock of four.

We had ordered four adult chickens, but when we arrived to pick them up, the chicken lady told us that the fourth had been eaten by her cat. She had gone into the living room and found a chicken leg on the carpet. She didn't have another adult hen, so we took Little Linda, who was then a pullet. She was, for some time, at the bottom of the pecking order. This was reversed once she grew into an enormous and foul-tempered fowl.

There should be a wing named after her at the vet's given the amount of money we've spent there. There were the two incidents of bumblefoot, and the time she got an enormous egg stuck up her bum. Chickens have very fast metabolisms and so require dog-strength antibiotics which cost about the equivalent of 100 dozen free-range eggs dipped in gold.

Little Linda, RIP.

GREG DIXON

We said, "Goodbye, Little Linda. We're sorry about all the horrible things we said about you."

I once asked a vet what it cost to euthanise a chicken, and he looked at me as though I was from another planet. Strictly speaking, I was: we were recent arrivals from Planet Auckland. He said he had no idea of the cost because people didn't euthanise chickens; they wrung their necks.

There were plenty of times we threatened to wring Little Linda's neck. Somehow, though, we miss seeing her cranky chicken-self waddling about, making one hell of a racket. We said, "Goodbye, Little Linda. We're sorry about all the horrible things we said about you."

Our friend Frances, who had the dubious honour of meeting Little Linda, penned a very fine poem as a tribute:

Little Linda had bumble feet,
They said she was evil,
But really she was sweet,
Somewhere deep, deep
underneath.

I have been reading a most interesting book about what goes on behind the scenes at vet clinics. What goes on behind the scenes is, to pet owners, a mystery. You take your quaking animal in and it is taken away to have mysterious and ruinously expensive things done to it.

Tales of a Vet Nurse, by former vet nurse, New Zealander Jade Pengelly, is funny and, of course, at times heartbreakingly sad. I know now more than I ever wanted to know about a disgusting thing that vet nurses regularly do: squeezing the anal glands of dogs.

Mostly it is the owners who are pains in the butt, not the animals. People spend thousands of dollars on so-called designer dogs then complain about the thousands of dollars in vet bills their overbred mutts will inevitably incur.

Dogs eat things they ought not to eat. One very embarrassed man had to admit that his dog ate a used condom. One woman rushed her pooch in because it had eaten a scratchy pot cleaner. She had to rush off to the hospital because she had also eaten a scratchy pot cleaner. She did so, she explained, because she wanted to see whether it would come out her other end, in which case, she surmised, the pot cleaner her dog ate would also come out its other end.

There's nowt so queer as pet owners. Some people even give chickens burials. ■

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Can art help us to see the bigger picture?
Where do you stand?

Su Ballard
Associate professor in Art History
School of English, Film, Theatre, Media and Communication, and Art History

How does art connect us to our environment?

“Art is the most important thing,” says Su Ballard, associate professor in Art History at Te Herenga Waka—Victoria University of Wellington. “Humans have always made art—it tells us about ourselves. It expresses who we are, and it communicates between people and across time.”

Associate Professor Ballard’s current research is focused on the relationship between art and the environment. “Art is made in the context of society, culture, and the natural world—it brings them together, meaning it can reflect people’s values or concerns, and politically promote change in relation to the environment.”

Maranga ake ai!

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